



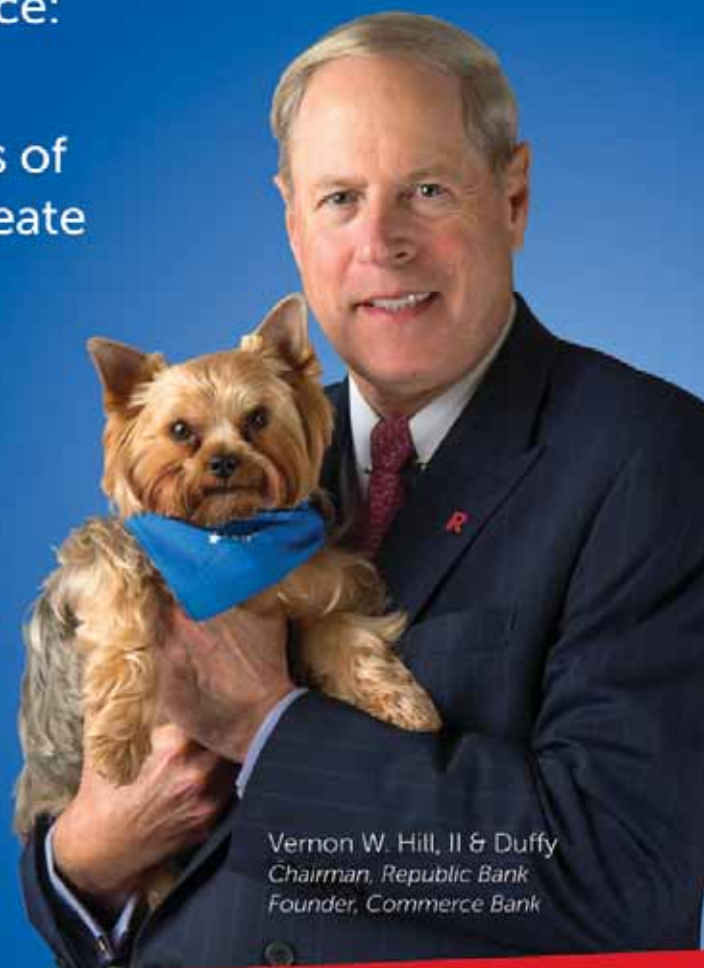
**Visit our new store
opening on July, 12th
14th St. & 5th Ave.**

At Republic Bank we deliver an
exceptional customer experience:
in store, online and mobile.

By providing unparalleled levels of
service and convenience we create
FANS, NOT CUSTOMERS.

- Open 7 days, early & late
- Absolutely FREE Checking
- FREE coin counting¹
- Instant Debit/Credit Card²
- No ATM fees anywhere³

myrepublicbank.com  



Vernon W. Hill, II & Duffy
Chairman, Republic Bank
Founder, Commerce Bank

THE POWER OF RED IS BACK



¹Some limitations or restrictions may apply for businesses. ²Subject to credit approval. ³Offer is subject to revocation or termination at any time at the discretion of Republic Bank. International/foreign ATM withdrawal fees may apply.

THE POWER OF RED IS BACK

JOIN US FOR OUR GRAND OPENING

SPECIAL OFFER
2.80% APY*
18 MONTH
CD



14th St. & 5th Ave.

Friday July 12th 7:30am - 8pm

Saturday July 13th 7:30am - 6pm

Bring the family (and the dog)!

- Free Food
- DJ
- Nail Art
- Giveaways
- Fun & More!



myrepublicbank.com



REPUBLIC
BANK



*\$500.00 minimum to open Certificate of Deposit (CD). Minimum balance to earn Annual Percentage Yield (APY) is \$0.01. Maximum deposit per customer is \$1,000,000. The APY is valid as of 6/25/2019. Promotion offered from 7/12/19 to 8/13/19 to customers who open a CD at our store at 90 5th Ave., New York, NY 10011, and open a new or have an existing checking account with a minimum balance of \$250. Penalty may be imposed for early withdrawal. Offer may be terminated at any time and without notice.

metro



NEW YORK CITY NO. 1 FREE DAILY IN THE US

Weekend, July 11-14, 2019 metro.us | t: MetroNewYork | f: MetroNewYork



The city belonged to Team USA as a City Hall ceremony and parade through the Canyon of Heroes were held for the World Cup champs. 2, 4, 6, 26

PHOTO ILLUSTRATION NYC MAYOR'S OFFICE & ISTOCK

Study finds majority of New Yorkers don't have Citi Bike access. 8

Jesse Eisenberg talks about his role in 'The Art of Self-Defense.' 20-21

Syndergaard trade rumors begin to heat up. 30

METROPOLITAN COLLEGE OF NEW YORK | MANHATTAN CAMPUS

OPEN HOUSE

July 13 | 11 AM - 2 PM

RSVP NOW

FEATURED ALUMNI
Rafiu, MPA '13



ACCELERATE YOUR FUTURE.

mony.edu | 212.343.1234

MCNY is a nonprofit, accredited, private college designed for working adults.

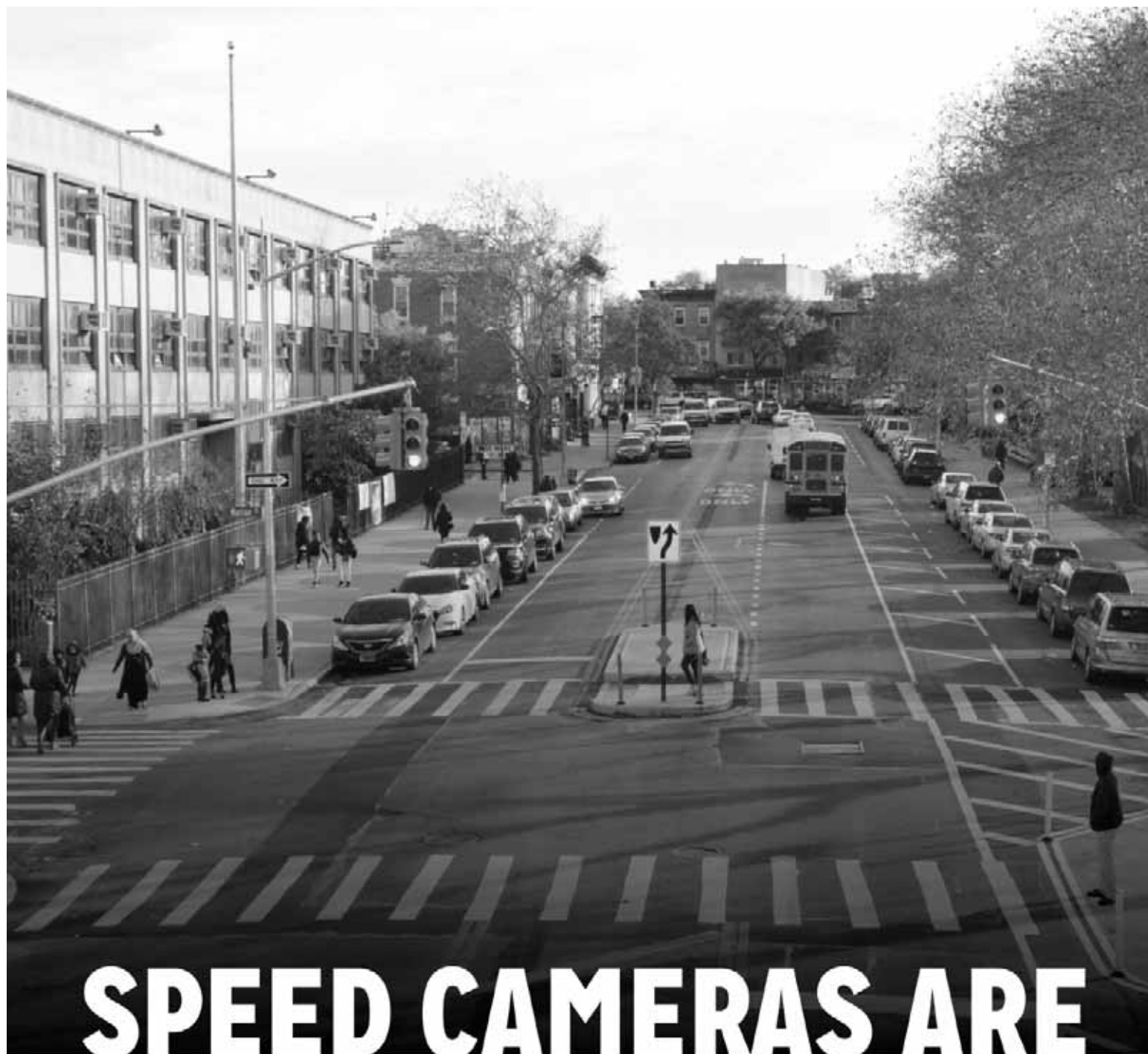
NEWS



WORLD CHAMPIONS

World Cup-winning Team USA was honored on Wednesday with a ceremony at City Hall. The event followed a ticker-tape parade up Lower Manhattan's "Canyon of Heroes" to celebrate Sunday's gold medal victory in the 2019 Women's World Cup in France. **GETTY IMAGES**





SPEED CAMERAS ARE WORKING LONGER HOURS!

**To save lives, New York
City is expanding its
use of speed cameras.**

On July 11th, the City will start issuing speed camera violations from 6 AM - 10 PM, Monday through Friday, year round. The City will operate speed cameras in 750 school speed zones. Expanding the speed camera law is one aspect of the City's comprehensive plan to eliminate traffic deaths and serious injuries. Learn more at nyc.gov/visionzero.





U.S. women's soccer team World Cup champions.

REUTERS

Confetti showers for Team USA while gov mandates equal pay

The World Cup champions were honored with a ticker-tape parade on Wednesday.

Amid confetti and chants of "equal pay," New York honored the U.S. women's soccer team on Wednesday with a ticker-tape parade up the "Canyon of Heroes," celebrating its World Cup triumph and hailing the players' emergence as icons of women's rights.

The squad's 2-0 win over the Netherlands in the final match on Sunday capped a World Cup campaign that attracted vast television audiences, reflecting the popularity of a U.S. soccer team that has dominated international competition, winning a record fourth title.

A party atmosphere filled Lower Manhattan as marching bands and women on motorcycles escorted floats carrying the players, coaches and staff up Broadway to a City Hall rally along a route dubbed the "Canyon of Heroes."

But the parade in New York's Financial District was more than a tribute to a championship team, which has been involved in a well-publicized fight for equal pay with the U.S. men's national team. The cause has endeared the players to those who support demands by women in general for pay equality.

In March, all 28 players on the women's team filed a gender discrimination lawsuit against the U.S. Soccer Federation, demanding equal compensation with their male counterparts who earn much a higher base pay.

"We stand with them in solidarity. Equal pay for equal work," New York Gov. Andrew Cuomo told a press conference at the start of the parade, after signing into law an equal pay bill passed by the New York State Legislature this year.

Olivia Ciampi, 15, of Queens, New York, who joined the festivities with her mother, agreed equal pay for the team was long overdue.

"They work so hard and they win so many titles and they really do so

much and they deserve it," she said.

"This is how I want my daughters to see what women can do and what women should be," added Gabrielle Blecher, 49, of Brooklyn, a mother of daughters aged 11 and 13, who works in an office along the parade route.

The monthlong World Cup tournament attracted a huge television audience and gave the sport fresh momentum in the United States, where it has traditionally lagged in popularity behind American football, baseball and basketball.

"We stand with them in solidarity. Equal pay for equal work."

Gov. Andrew Cuomo

At City Hall, Mayor Bill de Blasio presented the ceremonial keys to the city to the team, and star players Megan Rapinoe, Alex Morgan and Carli Lloyd thanked the country for supporting the team.

"Make this world a better place," said Rapinoe, the tournament's top scorer, who thrilled the crowd with her now-famous post-goal pose, arms aloft and a beaming smile on her face.

"Love more, hate less," the purple-haired Rapinoe said, pointing to the team's diversity in terms of race and sexual orientation. "There has been so much contention in these past few years."

As she spoke, a few spectators waved "Trump 2020" flags and one held a sign calling Rapinoe an "America hater," an apparent reference to her refusal to put a hand over her heart when the U.S. national anthem was played during the World Cup. **REUTERS**

THE POWER OF RED IS BACK

GET \$100*

Bring in your dog or your TD Bank Debit Card and open a new account with us to receive your \$100 bonus.



Visit our new store
at 14th St. & 5th Ave.
opening on July 12th

myrepublicbank.com



REPUBLIC BANK



*Offer valid on new checking accounts opened with \$250.00 or more. Offer is valid only for accounts opened in the State of New York. Bonus will be directly deposited into your account within 30 days of account opening. Bonus may be tax reportable. Offer may be withdrawn at any time and without notice. Limit 1 bonus per customer.



HOW CAN YOU ACHIEVE YOUR DREAM SMILE?

Did you know that people with beautiful smiles are often perceived as more confident, happy and successful?

However, before you consider how aesthetically pleasing your smile is, you should consider how **healthy your smile is**.

According to the American Dental Association, "The mouth is a window into the health of the body." The mouth is filled with all different types of bacteria and a lot of them are linked to gum disease and tooth decay. The advanced form of gum disease (periodontitis) is linked to many other health issues including heart disease, stroke and bacterial pneumonia.

We cannot stress the importance of visiting your dentist and hygienist every six months for an exam and cleaning. Keeping your teeth and gums healthy for life will help you live a longer, more fulfilled life.

Once you know where you stand with your oral health, you can explore options for a beautiful smile. Thanks to the many advances in cosmetic dentistry, there are numerous ways to go about achieving an aesthetically pleasing smile.

At Manhattan Dental Arts we offer comprehensive, preventative and cosmetic dentistry.

**At Manhattan Dental Arts we have
in-house specialists and state of the art
equipment for your comfort
and convenience.**



BEFORE



AFTER

Actual Patient

**1995 BROADWAY
NEW YORK, NY 10023**

LOCATED B/W W68 & W67 ON BROADWAY

212-95SMILE

212-957-6453

MANHATTANDENTALARTS.COM

WE ALSO HAVE OFFICES CONVENIENTLY
LOCATED IN NEW ROCHELLE

@MANHATTANDENTALARTSUWS

FACEBOOK.COM/MANHATTANDENTALARTS

A FEW OPTIONS

DENTAL IMPLANTS

Smile again and eat your favorite foods by replacing missing teeth with dental implants.

INVISALIGN

No clunky metal in your mouth. Straighten your teeth discreetly with Invisalign clear aligners.

SNAP ON SMILE

A pain-free dental appliance that will change your life and smile. MDA is home of the inventor of the Snap On Smile.

PORCELAIN VENEERS

Often used to fill in gaps, cover up stains and hide chipped teeth.

ZOOM WHITENING

An easy way to brighten up your smile after years of discoloration.

**COME IN FOR A FREE CONSULTATION TO SEE
WHAT YOUR OPTIONS ARE**

\$99

NEW PATIENT SPECIAL

Includes Exam, Limited X-rays & Cleaning

• **Early Morning, Lunch Time,
Evening and Saturday
Appointments Available**

• **We participate with most major
insurances**



Women's World Cup champion Megan Rapinoe.

GETTY IMAGES

Rapinoe posters vandalized in Bryant Park subway

Hateful messages were scrawled across posters of the Women's World Cup champ.

MORGAN ROUSSEAU
morgan@metro.us

got the posters cleaned and we will have them replaced with new ones if necessary."

The vandalism came as the U.S. soccer team celebrated its 2019 World Cup victory with a ticker-tape parade in Lower Manhattan.

Hateful, misogynistic messages were scrawled across more than a half-dozen posters of Women's World Cup champion Megan Rapinoe in a Bryant Park subway station, according to reports.

The messages, written across Nike posters that featured the team co-captain, included offensive language such as "sh-male," and said "screw this h-."

Now, the MTA is working with the NYPD to investigate the possible hate crime. Rapinoe, whose goal helped put the U.S. team ahead of the Netherlands in the Women's World Cup on Sunday, is openly gay and an outspoken advocate for LGBTQ and women's rights.

"Hate has no place in the transit system and we work hard to make the subway a welcoming, safe environment for everyone," MTA spokesman Shams Tarek told the New York Post. "We referred this to NYPD, which responded to investigate, our maintenance teams

Rapinoe is spearheading the USWNT's lawsuit against U.S. Soccer demanding equal pay. At Wednesday's NYC celebration, New York Gov. Andrew Cuomo signed into law an equal pay bill passed by the New York State Legislature this year. "We stand with them in solidarity. Equal pay for equal work," Cuomo said at the event. The governor also tweeted, "The women's soccer team plays the same game that the men's soccer players play — only better. If anything, the men should get paid less."

Recently on CNN, Rapinoe, who said she would not visit the White House, delivered a direct message to President Donald Trump, criticizing him for his policies on LGBTQ matters. The soccer star stared directly into the camera lens and said: "Your message is excluding people. You're excluding me, you're excluding people that look like me, you're excluding people of color, you're excluding Americans that maybe support you."



CARING HAS A PLAN.

She has a name.
Her health plan
actually knows it.

SEE WHAT'S POSSIBLE
WHEN HEALTH CARE
GETS PERSONAL.



VILLAGECAREMAX

\$0 plan premiums*

up to **\$150**

monthly over-the-counter card

* Premium, co-pays, coinsurance and deductibles may vary based on the level of Extra Help you receive. Please contact plan for further details.

Are you getting the most
out of your Medicare plan?

MEDICARE HEALTH INSURANCE	
Name/Nombre JOHN L SMITH	
Medicare Number/Número de Medicare 1EG4-TE5-MK72	
Entitled to/Con derecho a	
HOSPITAL (PART A)	03-01-2016
MEDICAL (PART B)	03-01-2016



villagecaremax.org

Call to enroll or make an in-person appointment

1-800-469-6292 (TTY 711)

8 am to 8 pm, 7 days a week

VillageCareMAX is an HMO plan with Medicare and New York State Medicaid contracts. Enrollment in VillageCareMAX depends on contract renewal. Service area includes the following counties: Bronx, Kings (Brooklyn), New York (Manhattan) and Queens. For accommodations of persons with special needs at meetings, call 1-800-469-6292 (TTY: 711). VillageCareMAX complies with Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-469-6292 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-469-6292 (TTY: 711). 注意: 如果您使用繁体中文, 您可以免費獲得語言援助服務。請致電1-800-469-6292 (TTY: 711)。

H2168_MKT19-14_M Accepted

GET YOUR JULY SPECIALS THIS SUMMER

\$500 OFF WITH THIS AD

FRANCIS NY PLASTIC SURGERY

114 EAST 71ST STREET • 212-226-0677

Between Park & Lexington Avenues • www.francisnyplasticsurgery.com



Brazilian Butt Lift - Fat Grating

Buttock Implants

Calf Implants

Breast Augmentation

Breast Lift

Breast Reduction

Breast Reconstruction

Liposuction

Smart Lipo

Body Lifts

Arm Lifts

Face Lifts - Eyes - Neck

Tummy tucks - Mini & Full

Nose Reshaping

Lip Plumping

Botox - Sculptra - Juvederm

Dysports - Restylane - Radlesse

Affordable Cosmetic Surgery 0% Financing Available

Surgical Center On Site With Certified Staff Quick & Safe Anesthesia

FREE CONSULTATION!



TUMMY TUCK



BREAST AUGMENTATION



BREAST REDUCTION



ARM LIPO/LIFT

BUTT AUGMENTATION



MOMMY MAKEOVER



TUMMY TUCK



**FREE
CONSULTATIONS!**

*Dr. Kenneth R. Francis - Board Certified Plastic Surgeon: Featured in:
"Allure, Glamour, and Inside Edition"*

MODEL

Choose From Over 80 Wine and Food Events

TICKETS ON SALE



food network **NYCWFF**
COOKING CHANNEL NEW YORK CITY WINE & FOOD FESTIVAL
OCT 10-13 PRESENTED BY **Capital One**

NYCWFF.ORG | 800.764.8773 | EAT. DRINK. END HUNGER

HOSTED BY AND BENEFITING



EXCLUSIVE PROVIDER OF WINE & SPIRITS



TITLE



COOKING
CHANNEL

PRESENTED BY AND OFFICIAL CREDIT CARD



OFFICIAL AIRLINE



BEER AND WATER
DISTRIBUTOR



OFFICIAL BANK



OFFICIAL AUTOMOTIVE
PARTNER



HEADQUARTER
HOTEL

PARKER NEW YORK

PREMIER

NEW YORK POST

MEDIA



Must be 21 or older with valid ID to consume alcohol. The Festival promotes responsible drinking. 100% of the net proceeds go to Food Bank For New York City and the No Kid Hungry campaign. | Photos: Courtesy of Getty Images | Sponsors confirmed as of 7.5.19



GETTY IMAGES

Study: Most New Yorkers still don't have access to Citi Bikes

Low-income areas and communities of color have the least access to the bike-share program.



BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

A new report claims that the vast majority of New Yorkers — especially residents in low-income neighborhoods — don't have access to Citi Bike, despite being in dire need of transportation alternatives.

The study, commissioned by New York Communities for Change, shows that 76.8 percent of the city is out of luck when it comes to accessing the bike-share program. The hardest-hit demographic, according to the study, is people of color, of which 84 percent lack access. Furthermore, more than 75 percent of neighborhoods in extreme poverty lack access to the bike program.

"This report confirms that as a city we must ensure that we expand Citi Bike and other bike-sharing programs to the outer boroughs," said Council Member Ydanis Rodríguez, chairman of the Committee on Transportation. "The Citi Bike program has provided hundreds of thousands of New Yorkers with an

efficient, reliable and safe alternative form of transportation. Our work must continue. We need to expedite the bike-sharing expansion, ensuring that these services can benefit all New Yorkers living in transit deserts and low-income communities."

"This report confirms that as a city we must ensure that we expand Citi Bike and other bike-sharing programs to the outer boroughs."

Council Member Ydanis Rodríguez, chairman of the Committee on Transportation

The report claims that the Citi Bike service is running in areas where there is already ample access to subways — over 95 percent of New Yorkers who have access to Citi Bikes live near subway stations. But, the report claims, a mere 3.8 percent of New York's 2.5 million residents living further than half a mile

from the subway have access to the bikes.

Professor David Wachsmuth, the report's author, said, "Bike-sharing can be a powerful way to improve the mobility options of socially disadvantaged communities who struggle to afford car ownership and don't have reliable subway access. Unfortunately, our analysis finds that the Citi Bike system in New York fails to live up to this promise. It serves a population which is already extremely privileged, and since the Citi Bike network opened in 2013, the situation has barely improved."

In response to the report, a Citi Bike rep told Metro: "Ensuring that diverse communities have access to Citi Bike is central to our mission. From Bed-Stuy to Harlem, there are thousands of public housing residents and low-income New Yorkers who have joined Citi Bike for only \$5 a month. And as we expand significantly in the near future, we will reach many more neighborhoods and continue our focus on bike-share equity."

Citi Bike told Metro that over the next five years, the program is planning to double the current service area and triple the number of bikes.



Affordable Housing for Rent

Bedford Arms Apartments

93 NEWLY CONSTRUCTED LUXURY RENTAL UNITS AT 1336 Bedford Avenue, Crown Heights, Brooklyn

Amenities: *Laundry room, dishwasher, visual door bell, Exercise/yoga room, Rooftop, bike storage,

*Limited Parking (*additional fees apply)

Transit: Train- A, C, Buses B49, B65, B44

No application fee • No broker's fee • Smoke-free building • More Information: www.bedfordarmsapartments.com

This building is being constructed through the Mixed Middle Income program of the New York City Housing Development Corporation (HDC) and the New York City Department of Housing Preservation and Development (HPD) and the Mandatory Inclusionary Housing (MIH) program of HPD.

Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- A set-aside for a percentage of units goes to applicants with disabilities:
 - Mobility (5%)
 - Vision/Hearing (2%).
- Preference for a percentage of units goes to:
 - Residents of Brooklyn Community Board 8 (50%)
 - Municipal employees (5%)

AVAILABLE UNITS AND INCOME REQUIREMENTS

Unit Size	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum - Maximum	Unit Size	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum - Maximum
1 bedroom	\$590	6	1 person	\$22,800 - \$29,880	1 bedroom	\$769	5	1 person	\$28,938 - \$37,350
			2 people	\$27,800 - \$34,160				2 people	\$28,938 - \$42,700
2 bedroom	\$718	3	2 people	\$27,326 - \$34,160	2 bedroom	\$933	3	2 people	\$34,698 - \$42,700
			3 people	\$27,326 - \$38,440				3 people	\$34,698 - \$48,050
3 bedroom	\$821	1	4 people	\$27,326 - \$42,680	3 bedroom	\$1,091	1	4 people	\$34,698 - \$53,350
			5 people	\$31,543 - \$38,440				5 people	\$40,046 - \$48,050
			6 people	\$31,543 - \$46,120				6 people	\$40,046 - \$53,350
			7 people	\$31,543 - \$49,520				7 people	\$40,046 - \$61,900
1 bedroom	\$1,380	18	1 person	\$49,200 - \$74,700	1 bedroom	\$2,180	32	1 person	\$76,629 - \$123,255
			2 people	\$49,200 - \$85,400				2 people	\$76,629 - \$140,910
2 bedroom	\$1,642	9	2 people	\$59,006 - \$85,400	2 bedroom	\$2,520	10	2 people	\$89,109 - \$140,910
			3 people	\$59,006 - \$96,100				3 people	\$89,109 - \$158,565
3 bedroom	\$1,988	3	4 people	\$59,006 - \$106,700	3 bedroom	\$3,060	4	4 people	\$89,109 - \$176,055
			5 people	\$68,126 - \$96,100				5 people	\$108,309 - \$158,565
			6 people	\$68,126 - \$106,700				6 people	\$108,309 - \$176,055
			7 people	\$68,126 - \$115,300				7 people	\$108,309 - \$190,245
1 bedroom	\$1,380	18	1 person	\$49,200 - \$74,700	1 bedroom	\$2,180	32	1 person	\$76,629 - \$123,255
			2 people	\$49,200 - \$85,400				2 people	\$76,629 - \$140,910
2 bedroom	\$1,642	9	2 people	\$59,006 - \$85,400	2 bedroom	\$2,520	10	2 people	\$89,109 - \$140,910
			3 people	\$59,006 - \$96,100				3 people	\$89,109 - \$158,565
3 bedroom	\$1,988	3	4 people	\$59,006 - \$106,700	3 bedroom	\$3,060	4	4 people	\$89,109 - \$176,055
			5 people	\$68,126 - \$96,100				5 people	\$108,309 - \$158,565
			6 people	\$68,126 - \$106,700				6 people	\$108,309 - \$176,055
			7 people	\$68,126 - \$115,300				7 people	\$108,309 - \$190,245

¹ Tenant is responsible for electricity for cooking and electricity for light.

² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application by mail, send a self-addressed envelope to: Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **SEPTEMBER 13, 2019**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an appointment of eligibility to continue the process of determining your eligibility. Appointments are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **13 de septiembre 2019**.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至: Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001 信封背面请用英语注明 "CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 **2019年9月13日**。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **13 сентября 2019**.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 발송용 Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001.으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. **2019년 9월 13일**까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyen

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anviwop ki gen adrès pou retounen li nan: Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001. Nan dèyè anviwop la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **septanm 13, 2019**.

العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مقروء يحمل اسمك وعنوانك إلى: Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001. في الخلف من المغلف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل **13 سبتمبر، 2019**.

• Mayor Bill de Blasio • HPD Commissioner Louise Carroll • HDC President Eric Enderlin



Leg Pain & Cramps While Walking?

Pain while walking or jogging can be a sign of Peripheral Artery Disease (PAD), which if left untreated can cause severe pain, numbness, impotence, non-healing sores... even amputation.



- ✓ Leg pain while walking that stops after few minutes at rest
- ✓ Leg numbness or weakness
- ✓ Foot or toe wounds that won't heal
- ✓ Skin discoloration or shiny skin on the leg
- ✓ One leg or foot is colder than the other
- ✓ Hair loss on your legs and feet

Smokers and people with diabetes or hypertension are more at risk for **PAD**.

PERIPHERAL ARTERY DISEASE IS SERIOUS...DO NOT DELAY TREATMENT!

COVERED BY MEDICARE AND MOST INSURANCE PLANS

718-690-3048



Queens - 116-02 Queens Blvd Forest Hills, NY 11375 **E F M R**
Queens - 30-33 Steinway Astoria, NY 11103 **N O M R**
Queens - 162-03 Jamaica St 200, Jamaica, NY 11432 (Now Open) **E J S F**
Brooklyn - 2444 86th Street Ste A Brooklyn, NY 11214 **D**
Brooklyn - 924 Flatbush Ave. Brooklyn, NY 11226 **O B 2 5**
Brooklyn - 2965 Ocean Pkwy #200 Brighton Beach, NY 11235 **O B**
Long Island - 260 Sunrise Hwy Ste 102 Valley Stream, NY 11581
Manhattan - 1264 St. Nicholas Avenue, New York, NY 10033 (Now Open) **A C 1**
Manhattan - 122 Fulton St Manhattan, NY 10038 **A C 1 2 3**
Bronx - 384 E 49th Street, Ste. 201, Bronx, NY 10455 (Now Open) **2 5**
Bronx - 5221 Broadway Bronx, NY 10463 **1**
Bronx - 2157 White Plains Rd Bronx, NY 10462 **D 2 5**
Foxhurst - 947 Southern Blvd., Bronx, NY 10459 (Now Open)
Fordham - 11 E. Fordham Rd., Bronx, NY 10468 (Coming Soon)

www.USAVascularCenters.com © May, 2017 USA Vein Clinics®. All rights reserved.



U.S. Labor Secretary Alexander Acosta makes a statement on his involvement in a non-prosecution agreement with financier Jeffrey Epstein. **REUTERS**

Trump labor chief Acosta defends Epstein plea deal, calling him 'a sexual predator'

Alexander Acosta says he has no intention of stepping down.

Labor Secretary Alexander Acosta on Wednesday defended a non-prosecution agreement he approved more than 10 years ago with financier Jeffrey Epstein, who has now been charged with sex trafficking in underage girls.

Acosta, who was a U.S. prosecutor in Florida at the time, said the new prosecution against Epstein allowed him to more fully explain the decision he made. He said that had his office not been involved, Epstein would have only faced one charge from state prosecutors.

"Without the work of our prosecutors, Epstein would have gotten away with just that state charge" and avoided jail time, Acosta said. "He was and is a sexual predator."

Acosta gave no indication he would resign after days of calls by Democrats for him to step down and said he has the support of Republican President Donald Trump.

"My relationship with the president is outstanding," Acosta said.

Acosta would not say if he would make the same decision regarding Epstein

again today.

"We live in a different world; today's world does not allow some of the victim shaming that would have taken place at trial 12 years ago," Acosta said. "I don't think we can say, take a case that is this old and fully know how it would play out today."

The deal came under fresh scrutiny after a Miami Herald investigation shed new light on it, spurring federal prosecutors in New York this week to file new sex trafficking charges against Epstein.

The federal 2007 non-prosecution agreement in Florida, where Acosta was serving as a U.S. attorney, allowed Epstein to reach a plea deal in 2008 on a lesser prostitution offense and serve 13 months in a county jail, with leave during the day. He also had to register as a sex offender. A judge earlier this year ruled the deal was illegal.

On Monday, the U.S. attorney in Manhattan said it was not bound by the plea deal and accused Epstein of luring dozens of girls, some as young as 14, and coercing them into sex acts. Epstein remains in jail while he awaits his bond hearing scheduled for Monday morning.

The U.S. Department of Justice's Office of Professional Responsibility,

which investigates alleged misconduct by department lawyers is reviewing how Acosta and the other prosecutors in the U.S. Attorney's Office for the Southern District of Florida handled the Epstein deal.

"Without the work of our prosecutors, Epstein would have gotten away with just that state charge" and avoided jail time."

Alexander Acosta
U.S. labor secretary

Most of its findings are heavily redacted and do not name people subject to its inquiries, although it has issued public reports in some high-profile matters in the past.

The Justice Department disclosed the review into Acosta earlier this year after Republican U.S. Sen. Ben Sasse raised concerns about the handling of the Epstein case with then-Deputy Attorney General Rod Rosenstein, according to a person familiar with their conversation. **REUTERS**

Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, **NYC Pain MD** has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

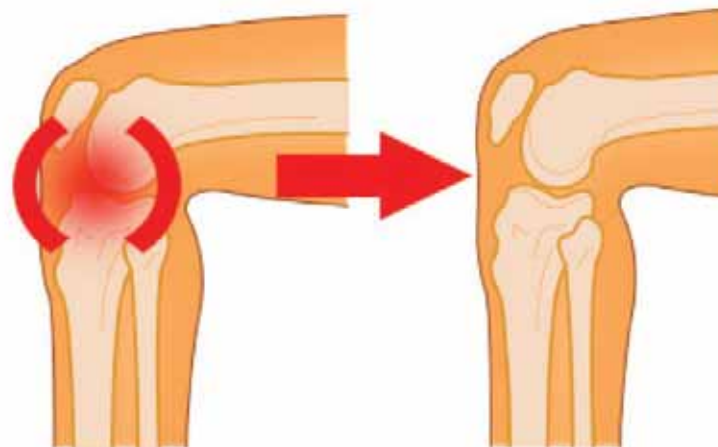
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, **NYC Pain MD** has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that **NYC Pain MD** offers.

If you do not, **NYC Pain MD** will tell you what they think your best options are and help



NYC Pain MD “Treatment Formula” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, **NYC Pain MD** offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, **NYC Pain MD** feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At **NYC Pain MD** your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed **NYC Pain MD** to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... **NYC Pain MD** would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com
877-296-6310



**Harlem Community
Development
Corporation**

Join Harlem Community Development Corporation for an All-day Building Wealth through Homeownership Workshop

This **free** all-day workshop will help individuals understand home ownership in the broader context of financial planning.

Topics Include:

Money Management

Tracking Expenses, Spending Plans, Goal Setting, Basic Banking

Understanding Credit

Establishing, Regaining, Maintaining Good Credit

The Home Buying Process (Part 1)

Finding a Home, Understanding Affordability, Qualifying for a Mortgage

The Home Buying Process (Part 2)

Types of Loans and Down Payment Assistance Programs

**Saturday, July 20, 2019
10:00 AM to 5:00 PM**

Location:

Adam Clayton Powell, Jr. State Office Building
163 West 125th Street, 17th Floor
(You will need a photo ID to enter this ADA-compliant building)

**Seating is limited, so please contact
Harlem CDC at 212-961-4100 or
harlemcdc@esd.ny.gov to register.**

Breakfast and lunch will be provided.

Harlem CDC is a Subsidiary of Empire State Development
and a HUD approved Housing Counseling Agency

CHASE is providing financial and in-kind
support for this seminar series



"The Vessel," a large public art sculpture made up of 155 flights of stairs, is seen at the center of Hudson Yards. REUTERS

Hot tech sector, Wall Street drive record Manhattan leasing

New leasing activity increased more than 20 percent.

A boom on Wall Street and a thriving technology sector have pushed the unemployment rate in Manhattan to record lows and propelled office leasing activity to its best first six months of a year in a quarter century, brokerage data shows.

The new leasing of office space rose to 18.3 million square feet in the first six months of 2019, the first time since 1994 at the mid-year point total leases exceeded 18 million square feet, according to data from Cushman & Wakefield.

New leasing activity jumped 21.5 percent in the second quarter from the year-earlier period to 10 million square feet.

Venture capital is pouring into Manhattan, lifting rents in the chic Flatiron section and other areas of the city and driving start-ups into a Garment District increasingly awash in fast-casual dining options, said Zach Aarons, co-founder and partner at venture capital firm MetaProp.

"More tech firms are coming into this neighborhood in what seems like every single week," said Aarons, whose firm in May launched its third "prop-tech" fund that hopes to raise \$100 million, accord-

ing to regulatory filings.

"There's certainly more venture capital than ever before coming into this space, more strategic capital," he said.

Technology firms with a presence in Manhattan are expanding. Facebook is negotiating 1 million square feet or more in the new Hudson Yards district on the city's far West Side, Crain's New York Business reported two weeks ago.

Companies are on the move as the city's biggest construction boom in decades has spurred relocations to the Hudson Yards, and \$100 million office tower makeovers on Avenue of the Americas and elsewhere in the city attract new tenants.

"It's almost like a chess game," said Richard Persichetti, lead researcher for Greater New York City at brokerage Cushman & Wakefield PLC, referring to how leasing activity occurs.

"Because of new supply, you've seen a flight to new development. But we've also seen a flight to better quality," he said.

New construction and renovated office space already built or planned will add about 45 million square feet of office space in Manhattan in the decade ending 2023, Cushman estimates.

When a tenant moves out, it draws interest from others, with buildings that are better managed with

greater amenities benefiting from the migration, Persichetti said.

Deals involving large spaces drove leasing, a sign of corporate migration as leases of 100,000 square feet or larger accounted for 37.4 percent of activity in the first six months, with 13 large leases signed in the second quarter, Cushman's data shows.

The growth in leasing activity is noteworthy because companies are utilizing less space as office densification continues and actual usage declines as a workforce that is connected to mobile devices requires less time at the office.

Manhattan is booming as the U.S. economy enters its 11th year of expansion and non-seasonally adjusted unemployment on the island slid to a record low of 3.3 percent in April, according to New York state's Department of Labor.

Professional and business services added 16,400 jobs in the 12 months ended May, Labor Department data shows, while investment banking and brokerage hiring added 1,500 jobs.

The new supply has pressured vacancy rates and helped lift the subletting of space to a nine-year high of 8.7 million square feet, or about one-fifth of total available space. It is the highest subletting percentage since 2010, Cushman said. REUTERS



Affordable Housing for Rent

THE FREDERICK

59 NEWLY CONSTRUCTED UNITS AT 2395 FREDERICK DOUGLASS BOULEVARD, CENTRAL HARLEM, MANHATTAN

Amenities: community room, outdoor recreation area, computer room, laundry room, after school study, bicycle storage

Transit: A, B, C, D train; M10, M3, M2 Bus

No application fee • No broker's fee • Smoke-free building

This building is being constructed through the Extremely Low and Low-Income Affordability (ELLA) Program of both the New York City Housing Development Corporation (HDC) and the New York City Department of Housing and Preservation and Development (HPD).

Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- A percentage of units is set aside for applicants with disabilities:
 - Mobility (5%)
 - Vision/Hearing (2%).
- Preference for a percentage of units goes to:
 - Residents of **Manhattan Community Board 10** (50%)
 - Municipal employees (5%)

AVAILABLE UNITS AND INCOME REQUIREMENTS

Unit Size	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum - Maximum
Studio	\$562	1	1 Person	\$21,223 - \$29,880
1 Bedroom	\$605	1	1 Person	\$22,766 - \$29,880
			2 People	\$22,766 - \$34,160
2 Bedroom	\$736	1	2 People	\$27,292 - \$34,160
			3 People	\$27,292 - \$38,440
			4 People	\$27,292 - \$42,680
3 Bedroom	\$843	1	3 People	\$31,543 - \$38,440
			4 People	\$31,543 - \$42,680
			5 People	\$31,543 - \$46,120
			6 People	\$31,543 - \$49,520
Unit Size	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum - Maximum
Studio	\$896	7	1 Person	\$32,675 - \$44,820
1 Bedroom	\$963	15	1 Person	\$35,040 - \$44,820
			2 People	\$35,040 - \$51,240
2 Bedroom	\$1,166	16	2 People	\$42,035 - \$51,240
			3 People	\$42,035 - \$57,660
			4 People	\$42,035 - \$64,020
3 Bedroom	\$1,339	7	3 People	\$48,549 - \$57,660
			4 People	\$48,549 - \$64,020
			5 People	\$48,549 - \$69,180
			6 People	\$48,549 - \$74,280

¹ Tenant pays electricity.

² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail**, send a **self-addressed envelope** to: **The Frederick c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **SEPTEMBER 06, 2019**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **The Frederick c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **06 de septiembre 2019**.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**The Frederick c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**。信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 **2019年9月06日**。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **The Frederick c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **06 сентября 2019**.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **The Frederick c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418** 으로 보내주세요. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주세요. **2019년 9월 06일** 까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyen

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **The Frederick c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. Nan dèyè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **septanm 06, 2019**.

العربية

للحصول على ترجمة باللغة العربية لهذا الإعلان ولتموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى nyc.gov/housingconnect. تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني **The Frederick c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. اكتب باللغة الإنجليزية كلمة "ARABIC" على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC" على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC" على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC" على الجهة الخلفية للمظروف. يجب إرسال نماذج الطلبات عن طريق **06 سبتمبر 2019**. الإنترنت أو ختمها بختم البريد قبل **06 سبتمبر 2019**.

Mayor Bill de Blasio • HPD Commissioner Louise Carroll • HDC President Eric Enderlin



Online conservatives expect to vent social media frustrations at White House summit

On Thursday, pro-Trump "digital leaders" will discuss alleged censorship.

When conservative meme-maker Carpe Donktum got an invitation to a White House summit, he thought the email might be spam.

"I asked around because I wasn't sure if it was a mass marketing thing," said the stay-at-home dad who lives in Kansas City, Missouri, declining to give his real name for fear of harassment against his family.

He churns out social media content that has been shared by President Donald Trump and last year won a \$10,000 meme contest run by Infowars, the website founded by conspiracy theorist Alex Jones. His alias is made-up Latin for "seize the donkey," referring to the Democratic Party symbol.

On Thursday, he will join other pro-Trump online personalities for what the White House billed as a gathering of "digital leaders" where invitees expect to discuss alleged censorship by the tech giants.

Facebook said it had not been invited while Twitter and Reddit declined to comment. Alphabet Inc.'s Google did not respond to requests for comment.

Carpe Donktum, who was recently suspended by Twitter for eight days over a video depicting Trump as a cowboy attacking CNN journalist Jim Acosta, said the face-to-face event could unite online conservatives.

The meme-maker was not the only one surprised at his call-up. John Matze, the libertarian CEO of Parler, a Twitter alternative used by Trump supporters, said he had tracked the IP address to ensure his invitation was real.

Invitees said they had received little info about



President Trump.

REUTERS

"After receiving thousands of responses, the president wants to engage directly with these digital leaders in a discussion on the power of social media."

White House spokesman Judd Deere

the event but in a statement to Reuters, the White House positioned it as follow-up to an online survey

launched by the administration in May for people to report "suspected political bias" on social media.

"After receiving thousands of responses, the president wants to engage directly with these digital leaders in a discussion on the power of social media," said White House spokesman Judd Deere.

Some who will be attending saw it as more of a political gesture than a policy discussion.

"There's been nothing that's given me any reason to believe that I should be preparing a Powerpoint or a white paper," said Ron Coleman, an attorney focused on free speech and the internet.

The White House spokesman said Trump would deliver remarks and that about 130 people would attend, without providing a guest list.

A White House official confirmed Wednesday that Ben Garrison, a cartoonist who drew a 2017 cartoon attacking then national security adviser H.R. McMaster that the

Anti-Defamation League labeled "blatantly anti-Semitic," had been disinvited.

Senate Democratic Leader Chuck Schumer slammed the White House for issuing the original invitation.

"A social media summit designed to give support to the most radical viewpoints on social media should never have been planned by the White House in the first place," he said on the Senate floor.

Far-right activist Laura Loomer, one of Coleman's clients, voiced frustration on Parler because she was not invited.

"The weirdest part about it is the White House knows who I am ... yet I am intentionally kept out," said Loomer, who is currently suing Twitter over her ban from the site for hateful conduct after criticizing U.S. Rep. Ilhan Omar and her Muslim faith. REUTERS

FURNISH YOUR
ENTIRE HOME
OR OFFICE

for up to

70% OFF
RETAIL PRICES
Every Day!

15% discount
for Military Personnel
w/valid military id



starting at...

\$199.99

SOFA & LOVESEAT SETS

**QUEEN
BEDDING SETS**
starting at
\$199.99



now only...

\$299

5-PIECE BLACK BEDROOM SET

(Dresser, Mirror, Queen Headboard, 2 nightstands)

An AFR® Exclusive!
22-PIECE APARTMENT PACKAGE

INCLUDES: Sofa, Loveseat, Cocktail Table, 2 End Tables with 2 Lamps, TV Media Stand, Dining Table with 4 Side Chairs, Headboard, 2 Nightstands with 2 Lamps, Mirror, Dresser, 2 Art Prints

starting at...

\$999.99

Office Chairs

STARTING AT \$19.99

Office Desks

STARTING AT \$99.99

TV Stands

STARTING AT \$19.99

Stop In For More
Amazing Deals!

afr®
CLEARANCE
CENTER

Visit Your Local
AFR® Clearance Center
& Start Saving Today!



Like Us On Facebook!

SECAUCUS, NJ

30 Enterprise Avenue North
Secaucus, NJ 07094

201.330.4011

Mon-Fri 11AM-8PM / Sat 10AM-6PM / Sun 12PM-5PM

New & Previously Rented Furniture

EXPERIENCE MORE AT AFRCC.COM

*Photos are for advertising purposes only and may not match the condition of current sale merchandise. Prices reflect previously rented merchandise. Other exclusions may apply. See store for details.



DELIVERY
SERVICES

MASSIVE
SHOWROOM

PREMIUM
STYLES

UNBEATABLE
PRICES

Lithuanian couple defends world wife-carrying championship title

A Lithuanian couple won the World Wife-Carrying Championship for a second time in a row in the Finnish town of Sonkajarvi on Saturday, triumphing in a contest where men complete an obstacle course with their wives slung over their shoulders.

Each year, the championship draws thousands of visitors to the town of only about 4,000 inhabitants in central Finland. Saturday's competition was the 24th year it has been held.

Having gained followers across the world, preliminary competitions were held in countries such as the United States, Australia, Poland and Britain, organizers said on their website.

Among the two dozen contesting couples, Vytautas Kirkliuskas and his wife Neringa Kirkliauskiene came out on top for a second straight year, completing a 277-yard obstacle



REUTERS

course featuring a water trap in one minute and six seconds.

The Lithuanian couple claimed the first place prize — consisting of the wife's weight in beer — after beating six-time champion Taisto Miettinen of Finland and his partner Katja Kovanen by the slimmest of margins — 0.1 seconds.

"I was looking at the watch and I thought I'm not going to make it, but we did it," Kirkliuskas said.

Wife-carrying as a sport drew inspiration from the 19th century legend of Ronkainen the Robber, who compelled would-be members of his gang to prove their mettle by carrying sacks of grain or live pigs over a similar course.

The competition is also said to look back to an even earlier practice of wife-stealing — leading many present-day contestants to compete with someone else's wife. REUTERS



MEET COLSON WHITEHEAD

Discussion / Book Signing

Tuesday, July 16th, 7:30pm
33 East 17th Street
Union Square (212) 253-0810

In the latest novel from the Pulitzer Prize-winning author, two boys in Jim Crow-era Florida meet at a horrific reform school—and pursue different strategies to survive.

Priority seating with book purchase.



BARNES & NOBLE

Get more info and get to know your favorite writers at BN.COM/events. All events subject to change, so please contact the store to confirm.

YOUR LEGS DON'T HAVE TO SUFFER!



- ▣ VARICOSE VEINS
- ▣ SPIDER VEINS
- ▣ LEG ULCERS
- ▣ LEG SWELLING
- ▣ BURNING
- ▣ ITCHING
- ▣ RESTLESSNESS

Personal & discrete care delivered directly by Ronald Lev, MD

Certified by the American Board of Venous and Lymphatic Medicine

We Accept Most Health Insurances including Medicare

Minimally invasive procedures

CALL TODAY!
212.204.6501



111 John St, Ste 1450
(bet Cliff & Pearl St)
New York, NY 10038

369 Lexington Ave, Ste 18 A
(bet 40th & 41st St)
New York, NY 10016

TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM



the GRUMBLE

sudoku

EASY

4		2	9		3		8	
		3						
	9	1	6		8		3	
		7	2			3		4
2	3		5		1		6	9
9		5			4	8		
	7		4		2	6	9	
						2		
	2		8		9	5		7

MEDIUM

		6		7	5			
		8			6			4
7		4					9	5
				5	8		1	
8		5				4		2
	3		7	4				
6	8					2		7
5			1			8		
			5	8		1		

HARD

	2	6		7				8
				3			2	
					2		3	1
	8	7		9	3			
4								2
			2	6		3	8	
6	5		1					
	3			2				
1				8		4	5	

READER WRITE-INS:

STOLEN PACKAGES

I had been waiting for a package for a long time. Weeks went by and ... nothing! Then one day, someone in my building put up a note in my lobby saying that they have been missing packages, too. Why would anyone steal a package without knowing what is inside? Come on!

— Ed, Metro Boston reader



ISTOCK

FREE Live ENTERTAINMENT

FRIDAY, JULY 12
Front & Center | 8 PM

PLAY
DINE
UNWIND

metro.us/horoscopes



Aries You may know what you want, but make sure to think about the people who will be affected by your decision. Change is only useful if the results you get benefit everyone.



Taurus Let your feelings rise to the surface, and find out where you stand. You may not like what you hear, but it will give you a place to start if you want to improve.



Gemini Have an open mind, listen to what others have to say and be willing to make reasonable, minor adjustments. Defuse tense situations.



Cancer If you care and share, you will make a difference. Personal improvements will diminish insecurities that have been holding you back. Don't be hesitant to engage in events and activities. You may meet someone special.



Leo Hold on to a secret or a surprise you are planning. Prepare to make a big splash when the time is right. A premature gesture won't render the results you want.



Virgo Participation will change your life. Become more engaged in matters that concern you, sign up, speak up and make a difference. Romance is on the rise.



Libra A change in the way you make or handle your money or to the way you negotiate will lead to more available cash. Discipline will help you make positive adjustments.



Scorpio Emotional matters will need to be addressed, but first consider using actions rather than words to get what you want. Show your feelings and make positive adjustments.



Sagittarius Check out your options before you approach institutions or large corporations with your plans. Preparation will be the deciding factor when it comes to your success.



Capricorn Don't fear doing things your way or taking a different approach. Try updating something to suit the changing times. Romance is highlighted.



Aquarius Mull over your plans before you share them with others. If someone wants to take a different path, so be it; do what works best for you. Build your own opportunities.



Pisces You have plenty to contribute. Don't hesitate to move forward with your plans or to implement change that will help you reach your goal. Treat opposition with dignity, not with force. EUGENIA LAST

WKND

#KimOhNo: Respecting culture is important to create fashion

Kim Kardashian West caused controversy for using the name of a thousand-year-old garment for her brand. **INSTAGRAM @KIMKARDASHIAN**

Kim Kardashian West drew accusations of cultural appropriation after detailing plans for a new brand. Metro examines what is behind the backlash.

LUZ LANCHEROS, MWN

Kimono is a traditional Japanese garment often worn for important public holidays and festivals, as well as for formal occasions such as weddings and funerals. American media personality Kimberly Kardashian West clearly forgot about that when she decided to name her shapewear line after the garment.

Daisaku Kadokawa, the mayor of Kyoto, recently wrote a letter to the businesswoman asking her to reconsider the trademark. The Japanese politician stated that his staff is working to register "Kimono culture"

on UNESCO's intangible cultural heritage list.

The 38-year-old has also drawn widespread criticism on social media, with people claiming under the #KimOhNo hashtag that "kimono" disrespected Japanese culture and disregarded the significance behind the outfit. And even that nobody else could use this clothing without permission. But was it really like that?

"Through her company dubbed Kimono Intimates Inc., Kim Kardashian requested a registration of nine trademark names at the United States Patent and Trademark Office. The media reported it would give her exclusive power over kimonos and, if approved, those who want to use the garment would have to ask for authorization. However, that is not true," Maria Juliana Marin, expert in fashion law, explained to Metro. "The industrial property law allows the registration of Kimono trademark, but limits it to the exclusive use of distinguished goods/

services indicated in the application. This means Kardashian would not be taking control over the Japanese outfit, nor have a monopoly over its use."

Regardless, the socialite was accused of cultural appropriation and had to change the brand's name. But what does that term even mean?

Appropriation/ inspiration

While fashion, in its essence, is a product of inspiration, it is also true that there are several cases which saw symbolic heritage of an entire culture being disrespected. That happened, for example, with Venezuelan fashion designer Carolina Herrera, who was accused of using Mexican traditional patterns for her cruise collection. Another controversy was sparked by Isabel Marant of a French fashion house in 2015 that involved the same country in the same context.

"Cultural appropriation be defined literally: a situation when a designer

appropriates something that belongs to a culture. It is the most direct way to explain it. But it is also a very problematic term, because designs — since the beginning of time — have been created as inspiration

M.A. of Fashion Studies at Parsons School of Design, stated. "From my personal point of view, there may be a middle point. If you are inspired by a community for your artistic and design works, do it with

asked."

Beltran-Rubio added regarding the Kardashian case: "That's precisely the problem: She chose the name because it seemed nice, but there was no intention to honor the culture from which she borrowed it. The kimono is known as a traditional Japanese garment. And Kardashian [put] its name on a shapewear line. It is almost disrespectful, since she used the name without knowing its meaning."

"It is a decontextualized use of a representative element of Japan. And by associating it with shapewear, it gives kimono a new meaning that has nothing to do with reality," Marin said.

But, really, how much respect at the patrimonial, symbolic and cultural levels does the fashion industry give to those communities outside the capitalist system, and even millenary cultures? This is a debate that has become much stronger thanks to Kardashian West and other brand creators.

"Traditional knowledge and traditional cultural expressions must be protected because they are part of the vision of these communities. Their work deserves to be recognized and respected."

Maria Juliana Marin, fashion law expert

from different cultures. And that's where the problems begin. It is difficult to define what is appropriation and what is not. It is a complicated term," Laura Beltran-Rubio, a doctoral student in American Studies at the University of William & Mary and

respect and knowledge. It is even more important to give back to the community from which you borrow. Make it almost an exchange. Do we change the artisans' lives or do we exploit them by placing inside the capitalist system? These are questions that must be

EXPERT
ADVICE

CRUISE.COM

LOWEST
PRICE

***Free Pre-Paid Gratuities, Free Upgrades plus up to \$1700 Onboard Spending & More!**

<p>PRINCESS CRUISES</p> <p>7-Day Alaska Cruise</p> <p>\$379*</p> <p>Ocean View \$699* Balcony \$849*</p>	<p>Carnival</p> <p>6-Day Bermuda Cruise</p> <p>\$469*</p> <p>Ocean View \$559* Balcony \$769*</p>	<p>Royal Caribbean</p> <p>7-Day Bahamas Cruise</p> <p>\$599*</p> <p>Ocean View \$699* Transit & Fees \$146.37pc Balcony \$739*</p>	<p>NORWEGIAN CRUISE LINE</p> <p>10-Day Bahamas/Bermuda</p> <p>\$649*</p> <p>Ocean View \$699* Balcony \$1129*</p>	<p>Holland America Line</p> <p>10-Day Panama Canal</p> <p>\$649*</p> <p>Ocean View \$839* Balcony \$989*</p>	<p>Celebrity X Cruises</p> <p>11-Day Mediterranean</p> <p>\$999*</p> <p>Ocean View \$1839* Transit & Fees \$80.45pc Balcony \$1929*</p>
--	---	--	---	--	---

Agency of the Year

800-395-6851

vacation.com Agency of the Year

*Prices are pp/dbl. Cruise only and may reflect resident rates on select sailings. Certain restrictions apply. Gov't taxes, and fees are additional. Prices include NCF's. Prices are quoted in US dollars. All itineraries and prices are current at time of printing and are subject to change without notice. All exclusive deals are per cabin on select sailings. CST #2019595-50

Banking legend Vernon Hill on why his Republic Bank is the small bank with big ideas

Hill promises to bring "The Power of Red" back to NYC banking.

PAT KING

When Commerce Bank was sold to TD Bank back in 2007, New Yorkers lost a banking service that cared for its clients like neighbors rather than customers or numbers on a spreadsheet. That has always been the philosophy of Vernon Hill, one of the banking industry's most notorious figures who had started the New York mainstay as well as Metro Bank in the U.K. After over a decade of absence from the metro New York area, Hill is bringing this attention to his customers' needs with his new bank, Republic Bank, at its new location on Fifth Avenue and 14th Street, opening this Friday, July 12. We caught up with Hill to talk

about how Republic will bring "The Power of Red" back to the city.

What was the decision behind bringing Republic Bank to the New York market?

I started my first bank when I got out of college. I was 26 at the time. For some unknown reason, they gave me a banking license. I had one office in southern New Jersey. We raised a million and a half to start it. At the time, there were 23,000 separate banks in America. Commerce Bank was No. 23,001. We grew over time to become a regional bank. But in 2001 we decided to open new branches in the metro New York market and that's when the whole Commerce Bank growth numbers went into orbit. In fact, I was flying over the Statue of Liberty on Sept. 11 to go to the first branch open-



ALL PHOTOS PROVIDED

ing for Commerce and saw the first building on fire and saw the second building get hit. I could tell nobody had any clue of what was going on that morning. Commerce Bank, over time, built 280 branches in the metro New York market. It was a

tremendous success. The customers loved us. It was our biggest market. The bank was sold in 2007 to Toronto-Dominion Bank (TD Bank). You see their branches in New York, they painted them green. The old customers from Commerce were really up-

set about that. They began to degrade the banking model, that service and convenience that they bought. ... We've rebuilt Republic Bank in the Commerce Bank model. The look, the feel, the service, convenience and "The Power of Red" means we're bringing back to New York everything you liked about Commerce. The fun, the feel, the services, the coin counting, the free dogs, and the elimination of every stupid bank rule we could find. Customers in all three states will be seeing this as the return of the success of the Commerce Bank that they loved.

How has the model of Republic Bank changed from the model of Commerce Bank?

The model is the same in the sense of the look, the feel. Our basic business is about building fans.

Everything we do is about not making another dime next quarter, but building fans. We were the most beloved bank in America, certainly in metro New York. What's different now is that mobile and online is much bigger than it was when we opened in 2003. But it hasn't really changed the basic model. Our model is to deliver to the customer the best in banking services for commercial clients and consumers in every channel, whether it's in-store, online or mobile. Retailing is about the experience today. It's not about one product. It's not about one location. It's about the brand experience that you deliver by uniting all of the parts together. You want to have your store, online, mobile and on your phones all united to this unique customer service experience.

QUALITY DENTURES THE SAME DAY

NY's Place for same day dentures for over 40 years.

Smile with Confidence



**\$100 off*
each
NEW
denture!**
EXP: 8/15/19

NEW PATIENT PACKAGE

**MAINTENANCE
CLEANING
DIGITAL X-RAYS**

With This ad only. One per patient.
First visit only. Coupon expires 8/15/19
*some restrictions may apply

\$89

NEW PATIENTS Only

**ONE
DENTURE
RELINE**

With This ad only. One per patient.
First visit only. Coupon expires 8/15/19
*some restrictions may apply

\$194

FREE CONSULTATION

MOST INSURANCE PLANS WELCOME

SENIOR Cit. Discounts* on new dentures and crowns

Full Service State-of-the-Art Cosmetic Dentistry

**DENTURE REPAIRS AND
RELINES WHILE-U-WAIT!**



224 West 35th St., New York, NY
16th Floor (between 7th and 8th Avenues)

Call Now! 212-689-0024 • www.denturecenter.com

Cannot be combined with other offers *not to be combined

THE POWER OF RED RETURNS TO NEW YORK

14th St. & 5th Ave.

REPUBLIC BANK

On July 12th, 2019 the Power of Red returns to the New York on the corner of 14th & 5th.

In 2003 Commerce Bank moves into the corner of 14th St. & 5th Ave. while Chase Bank moves upstairs.

In 2008 TD Bank acquires Commerce Bank.

How will Republic Bank differentiate itself from all of the other New York banks?

There are lots of banks in town! Pretty much based on our success when we went into New York for the first time in 2003, with Commerce, the press gave me a hard time. How is a small bank going to compete? We had a wildly successful experience. I think that customers still want a differentiated service-

driven experience. My job is to give them a choice.

What advantages do customers have working with a smaller bank rather than a larger one? The commercial side is more than half of our business. Commercial clients really want an old-fashioned banker who knows them, who knows their credit. They know the banker and they can work one-on-

one. So for the commercial side of the business, it's very important to deliver the old-fashioned banker back. So that's what our motto was in America, and is again at Republic: "Your old-fashioned banker." Customers generally want a small-bank feel with big-bank capabilities. So, that's what we're delivering. A local bank delivering all the big-bank products and services that you need.

USA FIBROID CENTERS

Heavy Periods due to Uterine Fibroids?

If You Suffer From Any of These FIBROID Symptoms...

- Bleeding Between Periods
- Reproductive Dysfunction
- Protruding Belly
- Heavy Bleeding
- Pelvic Pain
- Bloating
- Constipation
- Frequent Urination

...Then Consider Uterine Fibroid Embolization (UFE)

- Minimally invasive & non-surgical
- Short recovery and no hospitalization
- Covered by Medicaid & most insurance plans

**Don't Hesitate,
Call Today!**

718-504-6414

www.USAFibroidCenters.com

BROOKLYN

2444 86th St. Ste A **D**
Brooklyn, NY 11214

924 Flatbush Ave. **O B 2 5**
Brooklyn, NY 11226

2965 Ocean Pkwy #200 **O B**
Brighton Beach, NY 11235

QUEENS

116-02 Queens Blvd **E F M R**
Forest Hills, NY 11375

30-33 Steinway **N O M R**
Astoria, NY 11103

162-03 Jamaica Ste 200
Queens, NY 11432 **E J S F**

BRONX

5221 Broadway **1**
Bronx, NY 10463

384 E 149th St. # 201
Bronx, NY 10455 **2 5**

2157 White Plains Rd
Bronx, NY 10462 **O 2 5**

FOXHURST

947 Southern Blvd., Bronx,
NY 10459 **(Now Open)**

FORDHAM

11 E. Fordham Rd., Bronx,
NY 10468 **(Coming Soon)**

MANHATTAN

122 Fulton St **A C J 2 3**
Manhattan, NY 10038

1264 St. Nicholas, Ave **A C 1**
Washington Hts, NY 10026

LONG ISLAND

260 Sunrise Hwy #102
Valley Stream, NY 11581

Afro-Latino Festival
NYC 2019 7TH EDITION

City Point
Albee Square
Downtown Brooklyn
JULY • 12 & 13

For Tickets:
www.afrolatinofestnyc.com

José Alberto "El Canario" • Felipe Luciano • Nina Vicious • Bobbito García • Flor de Toloache
Coco+Breezy • DJ Stakz • Making Movies • Oscar Nñ • Ashley Venom • C. Devone • Oxymorrons Los Beachers
Sabine Blaizin • Dos Flakos • DJ Vetro • DJ Don • DJ Buka • Ritmo Equis • Sucio Smash
DJ Tahleim • Nino Augustine • Diomara • Tadia • Bombazo Dance co. • Khalil • KingkongMx

@FestivalAfrolat Afrolatinofestivalnyc Afrolatinofestivalnyc

BRK LYN **CITYPOINT** **BROOKLYN ARTS COUNCIL** **NYC**

It's a TKO

Jesse Eisenberg stars
as Casey Davies. ALL
PHOTOS BLEEKER STREET

Jesse Eisenberg gives Metro the scoop on his role in the new dark comedy "The Art of Self-Defense."

MOLLY GIVEN

There are few movies in today's day and age that completely pull the wool over your eyes up until the very last scene — and Riley Stearns' second feature film, "The Art of Self-Defense," is one of them. The film stars Jesse Eisenberg and tells the story of Casey Davies, a frail, innocent and completely defenseless 36-year-old man who is brutally mugged in a vicious attack that almost

kills him. The attack leads Casey to join a karate dojo, where he meets a slew of polarizing characters including the deceitfully bellicose Sensei (Alessandro Nivola).

The interesting themes that continually run throughout the feature highlight the extremes of human behavior and shine a light on how society's expectations can lead people to do very dangerous, and almost uncharacteristic, things. "When I first read the script, I thought, I don't want to do this kind of thing, I know what it is," says Eisenberg. "By Page 15, I realized the movie is completely different from

what I originally expected. It's actually a brilliant satire on the absurdities of masculinity and the length men go to in the attempt to be strong."

Although the film does highlight the pressure one can feel from a misogynistic environment, that's not what the point is.

"It all comes from a sincere world perspective. Riley felt a genuine concern with his place in society as a male. That kind of earnestness comes through in the humor and the violence," says Eisenberg. "Riley practices jiu-jitsu every day, so this was not written by someone who thinks karate is silly or

something that can be mocked. Same with violence. He thinks violence has some utility, but he just didn't know what that utility was. It's not a movie that mocks karate or mocks men. It mostly questions misogyny and masculinity, but it's questioning it from a place of concern rather than from a place of mockery. I think that's why it all works, because it feels sincere and didactic and doesn't feel condescending."

Just like in the fighting world, the film starts off with a warm-up of events, throws a few punches and then absolutely knocks you out with startling twists,

"I realized the movie is completely different from what I originally expected. It's actually a brilliant satire on the absurdities of masculinity and the length men go to in the attempt to be strong."

Jesse Eisenberg

turns and surprises. Plus, there are actual knockouts in the dojo as well. "I did about three intense weeks of training for the movie. I was lucky, I was only a Yellow Belt so I didn't have to be as intense as some of the other characters," says Eisenberg. "I thought of everything to the extreme. Casey is timid to an extreme, and then when he becomes strengthened, he is aggressive to an extreme."

The extreme nature of the film works well with the setting that Stearns wanted to create, which is not supposed to be known to the audience. Think of it as a parallel universe where power is

The Future of
Foot Surgery has arrived
at NY Podiatric Medicine

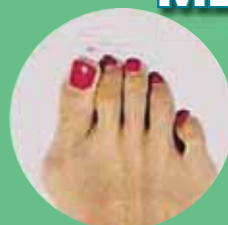


Don't hide them... **WE CAN HELP!**
Specializing in Surgery and Aesthetics
of the Foot.

Dr. Andrew Glass DPM
212-867-2500

NEW YORK PODIATRY MEDICINE AND SURGERY

Cutting Edge Means
Less Cutting



**MINIMALLY
INVASIVE**

Bunion & Hammertoe Surgery

We have performed thousands of these
procedures with state of the art technology

www.nymidtownpodiatry.com

MIDTOWN

315 Madison Ave., Suite. 2301 • 212-867-2500

As seen on and

All Photos of
Actual Patients



**HAMMERTOE
CORRECTION**



MOST INSURANCE PLANS ACCEPTED

FREE CONSULTATION WITH THIS AD



limited even when ego is not, and the characters are free to interpret and blur the lines of moral ambiguity. "There is a certain bluntness and formality to the way the characters behave. It's aided by the fact that we can't place it in a specific time or location," says Eisenberg. "The characters feel like they are part of the same universe. Even the powerful and scary people in the movie

are not horrifying movie characters. The antagonist in this movie is actually just a small-business owner who runs a karate studio. He's not trying to take over the world. All of the ambitions of these characters feel small even if they're malevolent or dangerous. It's an aesthetic that allows for the kind of commentary on masculinity to be highlighted without it feeling like it's a specific

commentary on men today or on political situations."

Eisenberg's Casey is the driving force behind the movie's theme. "Casey is the perfect member for this group. He's desperate to belong somewhere, he's desperate for guidance, he's desperate for authority."

The ending, just like the film, is not what you would expect. Also just like the film, it is a

comical hit on the ironic stipulations that are put on individuals. It serves its purpose of not trying to hammer a message down anyone's throats but still showcases the film's impressive ability to continually surprise.

"Casey is kind of a hollowed-out creature who doesn't seem to have his own core convictions until the movie finds its revolution. The surprise for the audience is that Casey has concocted a plan, after you're watching him for an hour and a half, as this kind of cipher of a person who doesn't have his own set of opinions," says Eisenberg. "So you realize he has grown, but it's just done in such a shocking way that it's in line with the rest of the movie which is unpredictable, odd and unnerving."

"The Art of Self-Defense" is satirical, dark and quite literally shocking. "The movie is not fully one thing," says Eisenberg. "It's complicated."

"The Art of Self-Defense" opens in theaters Friday, July 12.

CELEBRATING 27 YEARS IN BUSINESS

AS A THANK YOU, BUY ONE GET ONE FREE SPECIALS

Microdermabrasion.....	2 for \$99
Hi Frequency Facial.....	2 for \$99
UV Gel Manicure.....	2 for \$49
Laser Hair Removal for Full Body.....	2 for \$399
Oxygeneo Revitalize Skin Treatment.....	2 for \$149
Full Body Wax (Add on Brazilian \$25 Extra).....	2 for \$125
Velashape III: Cellulite & Body Contour.....	2 for \$198
Zerona Full Body Inch Loss.....	2 for \$99
Cavi Lipo to Reduce Cellulite & Fat.....	2 for \$99
Skin Tightening Laser.....	2 for \$198
Fractional for Stretch Marks, Acne Scars.....	2 for \$198
Clear and brilliant anti aging and pigment reduction.....	2 for \$299

coolsculpting
\$300 off
 ✓ no down time
 ✓ no diet needed
 still time to diet for summer...
 results in as little as 3 weeks

emsculpt
 build muscle on stomach,
 legs or arms tone and lift booty
 4 sessions is all you need
Buy 3 get 1 FREE

We accept care credit
Open 7 days a week
 180 7th Ave. South,
 btwn W 11th Street & Perry Street
Expires 7/31/19

spa Jolie
 Laser, Skincare & Anti-Aging Spa

212-229-1389
Jodi Perskin Manager
www.nylaser.net

*Specials cannot be combined with other specials.
 Specials cannot be used on the same day of purchase.*

Manhattan Best Dental Care

Thanks To The High Volume Of Satisfied Patients We Could Reduce Our Prices Again!

Interest Free Payment Plans From \$0 Down

A beautiful and healthy smile has never been more affordable
Up to 50% OFF

80-45 Kew Gardens Rd.
 Kew Gardens, NY 11415
 (718) 261-2005

1623 3rd Ave., Suite # 204
 New York, NY 10128
 (212) 722-4088

We Are Giving You 10 Reasons To Smile:

Oral Exam, Consultation	Free
Oral Cancer Screening	Free
X-Ray With Teeth Cleaning	\$175\$300
Implant With Porcelain Crown	\$1499\$3000
Invisalign Clear Braces	\$4999\$7000
Zirconia Porcelain Crown	\$700\$1400
Zoom Teeth Whitening	\$399\$599
Overdentures With Implants	\$4490\$7500
Porcelain Veneer	\$700\$1400
Root Canal	\$700\$1400

Call for Free Consultation www.manhattanbestdentalcare.com

BIG SHINE ENERGY

SUSTAINABILITY TODAY
 #BrilliantKnowLEDge Symposium

FEATURING CON EDISON
GRAND HYATT HOTEL
JULY 18, 2019
9 A.M. - 3 P.M.

Make your building more energy efficient and comply with the new NYC Building Emissions Law (LL97). Big Shine Energy is bringing industry leaders to discuss steps to take and incentive programs that can help you offset the cost of converting to energy-efficient LED lighting.

BigShineEnergy.com | (845) 444-5255
 Limited Seating. RSVP Now!

Symposium is designed for Building Engineers, Property Managers, Energy Managers, and Sustainability Officers.



\$45 SLOT FREE PLAY
YOUR TICKET TO WINNING BIG!
Ride the bus to Sands Bethlehem

BUS SCHEDULE

**NYC PORT AUTHORITY
TO BETHLEHEM, PA**

Service provided by Trans Bridge

See transbridgelines.com for
schedule or call 610-868-6001

Visit PaSands.com for motorcoach information and
details on our many exciting promotions.

GAMBLING PROBLEM? CALL 1-800-GAMBLER.

Must be 21. Drivers license, passport or military ID required. Offer is complimentary
and is issued one (1) per person. Slot Free Play is valid on date of issuance only,
will expire at the end of the day at 5:59AM. Offers are non-transferable. Offer
and schedules are subject to change without notice. Anyone either voluntarily
or involuntarily prohibited from gaming by the PGCB is ineligible for
this offer. Must arrive via line run bus to receive offer.



MNY

Print / Display / Native /
Programmatic?

Yeah, we've got that.

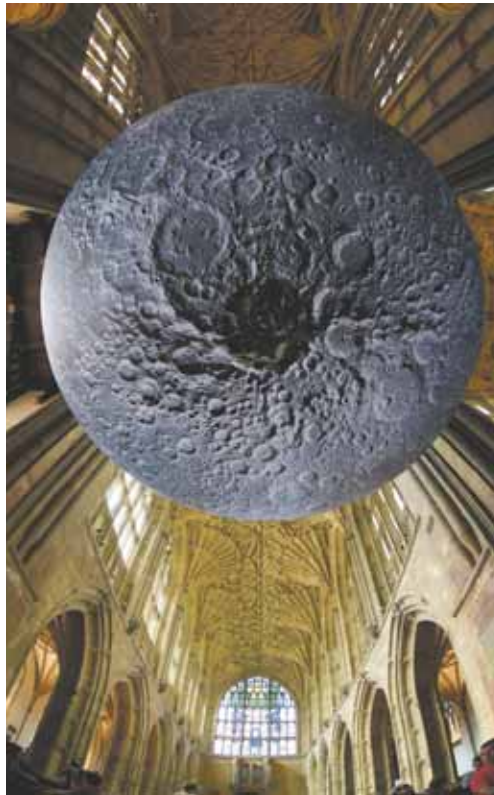
metromedia.us

22 metro

WKND

METRO.US
WEEKEND, JULY 11-14, 2019

Moon appears in a UK abbey



A little boy dressed
as an astronaut
while visiting the
Sherborne Abbey.

ACTIVATEPARTS



ALL PHOTOS GETTY

The "Museum of the Moon" tour stop

An impressive installation of the Earth's natural satellite was recently exhibited at Sherborne Abbey in the U.K. The artwork, dubbed "Museum of the Moon," was created by British artist Luke Jerram. The masterpiece remained in the church for three days, during which hundreds of people came to observe it and take pictures. Even a series of small concerts were held beneath the Moon. **METRO WORLD NEWS**

A very realistic creation

The "Museum of the Moon" is a traveling inflatable installation that was created back in 2016. It features detailed 120 dpi NASA images of the moon's surface. At a scale of approximately 1:500k, each centimeter of the internally illuminated spherical sculpture represents 5 kilometers of the moon's surface. The installation is a fusion of lunar images, moonlight and surround-sound composition. **MWN**

ZOOM

7

The diameter of the
"Museum of the Moon"
installation is 7 meters.

Miss Jessie's
ORIGINAL

MULTI CULTURAL CURLS

"I ♥ MY MULTICULTURAL CURLS!"
— ANGELA YEE, QUEEN OF RADIO
MISSJESSIES.COM

TARGET **CVS** **Walgreens**

A tropical vacation to St. Lucia may be *easier than you thought!*

METRO STAFF
letters@metro.us

Booking yourself a vacation to a tropical destination is something you could easily put off for a myriad of different reasons. While some of these obstacles can be legitimate, some can be easily attributed to simply being too hesitant to pull the trigger. Well, now with more affordable flights leaving to the island destination of St. Lucia than ever before, a relaxing beach vacation far away from work and life's responsibilities might be easier than you thought.

With direct and non-stop service on American Airlines from Miami, Charlotte and Philadelphia; on JetBlue from New York and Boston; on Delta from Atlanta; and on United Airlines from New Jersey and Chicago, you can book a trip to St. Lucia that fits around your schedule. And when you get there, you can book a stay at two of the island's most renowned resorts, Coconut Bay Beach Resort & Spa and Serenity at Coconut Bay: a girlfriend getaway, a spa getaway, a break once the kids are back in school, for couples, for families, for everyone.

Coconut Bay Beach Resort & Spa

Coconut Bay Beach Resort & Spa is the most popular, award-winning Premium All-Inclusive resort on St. Lucia. The resort takes all of the



ALL IMAGES PROVIDED

budgeting stress out of your trip by offering premium amenities including 9 restaurants serving unlimited à la carte and buffet style dining in indoor, outdoor and stunning oceanside locations as well unlimited top shelf spirits at seven bars so you can focus on exploring the island.

See the island in special ways such as Dune Buggy Tours originating at the resort, the Piton Zip Tour and the Catamaran Land & Sea Adventure, all of which show off the iconic Pitons UNESCO World Heritage Site. But once you head back to the resort after venturing out, you will be able to relax

in style at one of the world's greatest pools as the resort received the 2019 Islands All-Inclusive Award for "Best Resort Pool" for the Cocoland Waterpark, the island's largest. This amazing Waterpark features a Lazy River and the Coconut Cannon, it's the fastest slide, enclosed for a thrill that shoots riders out into the CocoLand Plunge Pool.

While adults can enjoy these watery attractions, guests bringing their families can bring their children to the resorts Splash Wing, including three pools, the Cocoland Waterpark and Kidz Klub. The resort's Harmony wing is an

adults-only oasis featuring two pools, romantic cabanas and sun-tracker decks specially designed for two also perfect for grown-ups staying in Splash when the kids are at play.

Serenity at Coconut Bay

For an adults-only experience, Serenity at Coconut Bay is perfect for those looking for a luxurious all-inclusive stay with unlimited service and unlimited piece of mind. Perfect for couples looking to get away with incredibly private and spacious – from 1200-1900 square feet –

Plunge Pool Butler suites with round the clock butler service to

bring you food and refreshments at your beck and call.

Guests can relax in poolside cabanas offering undisturbed comfort at the Serenity Pool with plush furnishings and refreshments including lunch or a luxurious candlelit private dinner under the stars. Oceanfront beach cabanas feature with freshwater showers, daybeds and lounge chairs along with beverages, fresh towels and a picnic lunch for peak relaxation. The Serenity experience is tailor made and customized for every guest's needs before they arrive with dining experiences set up by the pool,

beachside, or under the stars in their private suite in addition to the Greathouse Restaurant.

Guests at Serenity will receive exclusive private tours of some of St. Lucia's most amazing destinations including playing in the mud baths at the world's only drive-in volcano, swimming under a waterfall, seeing the world-famous Piton mountains, and spectacular 360° island views at the world's second highest lighthouse.

Book your trip to St. Lucia today with savings up to 70% for fall, head over to cbayresort.com, serenity-atcoconutbay.com or call 877-252-0304 today.



France to impose 'eco-tax' on airfares

The European country is set to introduce a green tax on outbound flights from local airports starting next year. Metro investigates what is behind the decision.



MIGUEL VELAZQUEZ
| Metro World News

Visiting one of the most popular destinations in the world could become more expensive. France is set to implement a new "ecological tax" for airfares that is expected to raise \$202 million from the year 2020, to be used to finance the local public transport network.

Reportedly, the amount of tax will depend on the type of ticket a passenger purchases. For example, economy class tickets on flights within France or the E.U. will have a tax of €1.50 (\$1.70),



Air France. GETTY IMAGES

**\$1.70-
\$20.25**

Is the amount of "eco-tax" (per ticket) to be imposed on outgoing flights from France from the year 2020.

while business class will have the highest

tariff, of up to €18 (\$20.25).

The tax will only apply to outgoing flights and not to those flying into the country.

The new measure is in line with President Emmanuel Macron's government policy, which attempts to strengthen environmental regula-

tion in France. In 2018 he tried to impose tax on diesel fuel, which sparked protests of the so-called yellow vests movement.

To learn more, Metro spoke with Mira Kapfinger, member of Stay Grounded, a group supporting alternatives to aviation.

How did France react?

"This new tax would significantly penalize Air France's competitiveness at a time when the company needs to strengthen its investment capacity to more rapidly reduce its environmental footprint, notably as part of its fleet renewal policy.

"France has one of the most heavily-taxed air transport industries in Europe. These taxes are in addition to the particularly high burden of employer payroll taxation on airlines, whereas Air France's activity contributes 1.1 percent of French national GDP and generates more than 350,000 jobs. Air France is the leading private-sector employer in the Paris region.

"The government's decision is all the more incomprehensible as this new air transport tax would reportedly finance competitive modes of transport including road transportation and not the energy transition in the air transport sector. Such a transition could have been facilitated by supporting the implementation of sustainable biofuel industries or disruptive innovations."



Charles de Gaulle Airport in Paris, France.

EXPERT ADVICE CRUISE.COM LOWEST PRICE

FREE AT SEA SALE! Choose Up to 5 Offers or Take All FREE
Ultimate Beverage Package, Specialty Dining Package, Free Internet Package, \$50 per port Shore Excursions Credit, 3rd/4th Guests Sail Free + Free pre-paid Gratuities on select ships, sailings and categories

NORWEGIAN CRUISE LINE

ALASKA
7-Day Alaska sailing from Seward to Vancouver: \$349*
NEW SHIP! sailing round-trip Seattle: \$599*
7-Day Bermuda sailing round-trip New York, NY: \$449*
7-Day Bermuda sailing round-trip Boston, MA: \$599*
5-Day Europe sailing round-trip Rome, Italy: \$599*
11-Day Europe sailing round-trip Rome, Italy: \$899*

Deal of the Week
7-Day Bermuda round trip New York: \$599*
Ocean View: \$649*
Balcony: \$699*

CARIB / BAHAMAS
8-Day Caribbean sailing round-trip New York, NY: \$549*
7-Day Bahama sailing round-trip New York, NY: \$649*
10-Day Caribbean sailing round-trip New York, NY: \$799*
11-Day Caribbean sailing round-trip New York, NY: \$849*

EXOTIC
7-Day U.S./Canada sailing round-trip Honolulu, Hawaii: \$699*
7-Day Hawaii sailing round-trip Honolulu, Hawaii: \$1199*

855-625-1523

*Prices are pp/dst. Cruise only on select sailings. Certain restrictions apply. Gov't taxes and fees are additional. Prices include NCF's. Prices are quoted in US dollars. All itineraries and prices are current at time of printing and are subject to change without notice. All exclusive deals are per cabin on select ships, sail dates and categories and are not redeemable for cash. Ships' Registry: The Bahamas and Panama. CST #201505-50 / Lowest Price Guarantee. In order to qualify for the guarantee the competitor's rate that appears in the advertising must be available for booking and be on the identical Cruise-only product. (Ship, Date, Destination, Category, etc.) The customer must meet the requirements for any rules that apply from the cruise lines in offering the rate. The guarantee does not apply to air, land components, onboard charges etc. This offer is only valid on cruise lines that are members of CLIA.

EXPERT ADVICE CRUISE.COM LOWEST PRICE

LOWEST CRUISE PRICES GUARANTEED plus No Booking Fees

SUMMER CRUISE SALE!
up to \$1700 Onboard Credit, up to \$1700 Cash Back, 50% OFF 2nd Guests, 25% OFF 3rd/4th Guests, Get 2 to 4 Amenities, Free Specialty Dining, Free Open Bar, Free Internet, Free Upgrades, Free Beverage Package, Kids Sail Free, Free Gratuities & Reduced Deposit on select ship, sailing & categories

ALASKA CRUISES
7-Day Alaska: \$349*
7-Day Alaska: \$379*
7-Day Alaska: \$399*
7-Day Alaska: \$469*

CARIBBEAN/BAHAMAS
8-Day Caribbean: \$549*
7-Day Bahamas: \$599*
7-Day Bahamas: \$649*
10-Day Bahamas: \$649*

Deals of the Week
9-Day U.S. & Canada Cruise sailing round-trip Fort Lauderdale, FL: \$699*
BOGO SALE! 50% OFF 2nd Guest, 25% OFF 3rd/4th Guest & More!

EUROPE CRUISES
7-Day Europe: \$319*
7-Day Europe: \$449*
11-Day Europe: \$899*
10-Day Europe: \$929*

EXOTIC CRUISES
7-Day Mexico: \$499*
7-Day Bermuda: \$599*
10-Day Panama Canal: \$649*
15-Day Hawaii: \$1159*

800-395-6127

*Prices are pp/dst. Cruise only on select sailings. Certain restrictions apply. Gov't taxes and fees are additional. Prices include NCF's. Prices are quoted in US dollars and may feature resident rates. All itineraries and prices are current at time of printing and are subject to change without notice. All exclusive deals are per cabin on select ships, sail dates and categories and are not redeemable for cash. Ships' Registry: The Bahamas and Panama. CST #201505-50 / Lowest Price Guarantee. In order to qualify for the guarantee the competitor's rate that appears in the advertising must be available for booking and be on the identical Cruise-only product. (Ship, Date, Destination, Category, etc.) The customer must meet the requirements for any rules that apply from the cruise lines in offering the rate. The guarantee does not apply to air, land components, onboard charges etc. This offer is only valid on cruise lines that are members of CLIA.

TRAVEL



PAT KING
patrick.king@metro.us

The year 2019 has officially been coined the “Year of Wellness and Soft Adventure” on the island of Barbados. For those unfamiliar with the island, this description could not be more appropriate as the country is known for maintaining a healthy balance between exploration and well-being.

The ECO Lifestyle Lodge is an intimate boutique hotel located on Tent Bay that embodies this well-rounded approach. The hotel is part of a number of different properties on the island that are making an effort to go back to nature. Their restaurant, helmed by Le Cordon Bleu-trained Executive



The Crop Over Festival is a three-month-long festival, but Grand Kadooment Day celebrates the end of Crop Over, on Aug. 5. VISIT BARBADOS

Chef Alisha Dawn Stoute and renowned international chef Manuela Scalin, has gone completely vegan, with delicious dishes made from farm-to-table produce found locally on the island.

The ECO makes caring for the environment as one of its top priorities, as it has earned a

Green Globe Certificate for its dedication to composting and recycling. All of the water at the resort is heated using solar energy and guests are given eco-friendly toiletries as well as reusable water bottles to cut down on unnecessary waste.

This trend of co-existing with nature could

not be more evident than at People Environment Growth (PEG) Farm. This biodynamic farm school will allow guests to take tours and camp on their grounds with fresh farm-to-table dishes at the Chrysalis Cafe like their Raised and Braised Hen, Chicken Papaya Salad, Pulled Pork Papaya Pan-

cakes, and refreshing drinks like the Basil and White Wine Spritzer.

After making a connection to the landscape, practicing relaxation and mindfulness at one of Barbados' luxury meditation retreats will help to re-center the connection between your mind and body with the beautiful

island scenery in front of you.

Lokahi Forest Therapy offers a number of different yoga and Pilates retreats within the 53-acre Coco Hill rainforest overlooking the East Coast of Barbados. Lokahi puts a focus on “Green Therapy,” sending guests on long walks through the forest while breathing in the therapeutic oxygenated trade winds of the Atlantic Ocean. As you disappear within the trees, you can book yoga and Pilates classes catered to all levels of experience, with the option of booking one-on-one time with an instructor.

Barbados feeds your soul and rejuvenates the body.

For more information on how to book your perfect Barbados getaway, head to visitbarbados.org.

BARBADOS

Hilton Barbados Resort ★★★★★

3 night vacation with return flights from JFK

From **\$599** pp

Visit jetblue.com/barbados

jetBlue vacations



Visit Barbados



@Barbados



@visitbarbados

visitbarbados.org

*T&C's apply. Valid for travel June 1 - September 30 from JFK - BGI. Includes air and hotel.

SPORTS



U.S. women's soccer team at New York City ticker-tape parade.

LENYON WHITAKER

WOMEN'S SOCCER HERE TO STAY IN US

PANTORNO'S PERCH

JOE
PANTORNO
@JoePantorno

Upon a sea of humanity and confetti, Wednesday's victory parade for the United States women's national team confirmed what has been coming for decades.

Women's soccer is taking over.

Almost 1 million fans lined the streets of New York City to pay homage to a group of women who are helping revolutionize the sports scene in the United States.

The USWNT won their fourth World Cup on Sunday in a 2-0 triumph over the Netherlands. It capped off the monthlong tournament from France in which the Americans dominated, outscoring their opponents, 26-3.

Not only did their performance live up to the heavy expectations of being the No. 1 team

in the world, but it also continued the growth of a sport in a country that has been hesitant to accept it.

Soccer has been knocking on the door of the Big 4 (MLB, NBA, NFL, NHL) for years as the advancements in technology helped bring the high-flying men's World Cup, along with international leagues in England, Spain and Germany, into American living rooms.

The problem was (and continues to be) that American soccer on the men's side continues to lag behind the world powers.

MLS is still looked upon as a second-tier organization compared to the Premier League, Bundesliga, or La Liga. The national team is still licking its wounds after missing out on the 2018 World Cup. It prompted an organizational shift that will take some time to get the team back into the international conversation — even with the likes of Chris-

tian Pulisic and Weston McKinnie offering hope for the future.

The women's game, even with American dominance since the World Cup began in 1991, has seemingly lagged in popularity behind the disappointing men's side despite a far-more impressive résumé.

It seemed as though the women's national team would capture the nation once every few years between World Cups and Olympic Games, but never build off it. It was no fault of their own as a couple of large factors played into that notion.

A professional women's soccer league in the United States, the NWSL, looks to finally be sticking following several failed attempts to provide a legitimate top flight in the country since 2000.

The nine-team league has been operating since 2012 with some of women's soccer's biggest stars coming stateside to

play. However, its reach has been subdued even while playing during a slow time in the American sports schedule.

Why? They are dealing with a sports market largely controlled and populated by viewers with short attention spans, begrudging to fully accept both soccer and women's sports.

That's not much of an assumption, either. Just scroll through the comments of a Facebook or Twitter post celebrating this team. You'll see just how stupid — to put it bluntly — some of these folks are.

For some reason, there has been a hesitancy to give full credit to a group of strong, trail-blazing women. They are not only building the American brand of soccer, but they are inspiring millions, regardless of gender, to get into the beautiful game.

Megan Rapinoe backed up her activism for equal pay and exposure, along with her abhorrence of the Trump

administration, with the Golden Boot and Golden Ball as the top scorer and player of the World Cup.

Yes, women can talk a big game and back it up on the field of play, too.

Rose Lavelle drew comparisons to Belgium and Real Madrid superstar Eden Hazard with her talismanic work in the midfield, her goal in the final skyrocketing her status as a new face of American soccer.

Alex Morgan torched Thailand for five goals, scored another in the semifinal against England and started an internet sensation when she sipped some tea in celebration.

Yes, women can celebrate just like NFL stars do after touchdowns or MLB sluggers do following home runs.

No, they are not being extra-arrogant or disrespectful. You're just looking for things to be mad at.

Much to the chagrin of those folks, it looks

like the women's game isn't going anywhere anytime soon. The efforts of the Rapinoes, the Lavelles, the Morgans, the Julie Ertzes, the Christen Press', the Abby Dahlkemper and the Alyssa Naehers are helping reach new heights.

Shortly after the Americans' semifinal win over England, ESPN announced that they would broadcast 14 NWSL matches this season on its family of networks beginning on Saturday.

It will allow soccer fans of all ages and genders to see more than 55 players that competed in the Women's World Cup this summer.

The league is getting a big backer, too, as Budweiser became the NWSL's top sponsor to support development and exposure.

It's about time. Now we won't have to wait every few years to fully appreciate and support the best team in the country.

TRI STATE VS **Triplets**
3 HEADED MONSTERS VS **BIVOUAC**
KILLER 3s VS **TRILOGY**

AMAR'E STOUDEMIRE
RASHARD LEWIS
STEPHEN JACKSON
JULIUS "DR. J" ERVING
CHARLES OAKLEY
NATE ROBINSON
JOE JOHNSON
JASON TERRY
JOE JOHNSON
JOSH SMITH

BIG3

BARCLAYS CENTER
3 GAMES ★ 6 TEAMS ★ ONE NIGHT
JULY 14 - TIP-OFF AT 12PM ET
 TICKETS ON SALE NOW AT TICKETMASTER.COM, ALL TICKETMASTER OUTLETS, OR THE VENUE BOX OFFICE

LIVE ON **CBS**
 ticketmaster® adidas

Get the legs you want



VOTED
#1 Vein Doctors
IN NEW YORK

- ✓ Varicose veins
- ✓ Spider veins
- ✓ Leg swelling
- ✓ Leg heaviness
- ✓ Restlessness
- ✓ Cramping



Quick and
minimally invasive
treatments



Most treatments covered
by **major insurances**
and **Medicare**

BEFORE

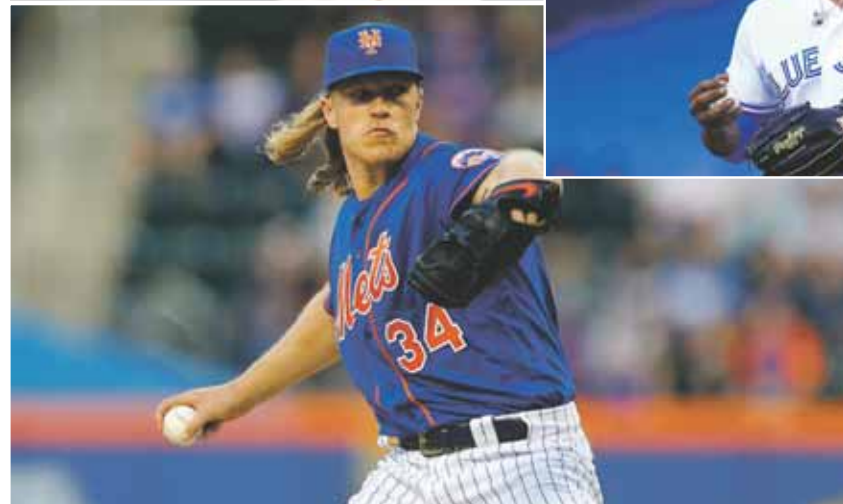
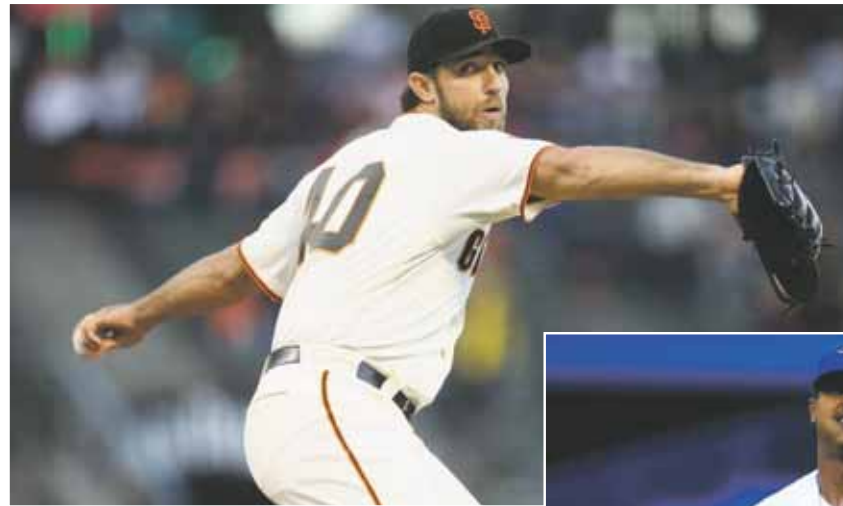
AFTER



(917) 387-4947

VeinTreatmentNYC.com

290 Madison Avenue, 2nd Floor • Midtown Manhattan



5 Trade targets for

The Yankees are in need of a starting pitching boost.



JOE PANTORNO
joseph.pantorno@metro.us

The New York Yankees enter the second half of the 2019 MLB season on top of the heap.

Holding a 6.5-game lead in the American League East, the Yankees have the second-best record in baseball as they continue to search for their first World Series title since 2009.

General Manager Brian Cashman isn't going to stand pat, however. The Yankees need one or two more tweaks to the roster to improve their already-great chances at winning the pennant.

The team's largest issue remains starting pitching, which is ex-

pected to be addressed before the trade deadline later this month.

Without ace Luis Severino, who has yet to appear in 2019 because of injury, the Yankees' rotation has been mediocre at best.

Masahiro Tanaka was awarded an All-Star selection despite a 5-5 record and 3.86 ERA. CC Sabathia and James Paxton have ERAs over 4.00 while JA Happ has been a liability with his 5.02 ERA.

The team's best starter this year has been the unassuming Domingo German, who is 10-2 with a 3.67 ERA.

While Severino might be able to return come September, the Yankees must acquire more starting pitching depth to bolster the rotation heading toward the postseason.

Here are five trade targets they could look

at in the coming weeks.

MARCUS STROMAN

TSN's Scott Mitchell reported on Monday that the Yankees, along with the Minnesota Twins, have contacted the Toronto Blue Jays about a package deal involving Stroman and reliever Ken Giles.

While he's dealing with a pectoral cramp that might sideline him for his next start against the Yankees, Stroman is having a solid bounce-back campaign following a difficult 2018. After going 4-9 with a 5.54 ERA, a career-worst, Stroman was selected to his first-ever All-Star Game this year with a 3.18 ERA.

ROBBIE RAY

The Yankees will be keeping an eye on the 46-45 Arizona Diamond-



ALL IMAGES GETTY IMAGES

Yanks' pitching search

backs, who could be sellers at the trade deadline.

Ken Rosenthal of The Athletic has noted that the Yankees "historically have liked" southpaw Robbie Ray.

The 27-year-old has yet to regain his 2017 form, in which he went 15-5 with a 2.89 ERA. In 19 starts this year, he's 6-6 with a 3.96 ERA with a troubling 54 walks — the most in the majors.

NOAH SYNDERGAARD

The Yankees have long been involved with the Mets' Syndergaard as the two have been linked since last May.

In December, a three-team trade with the Miami Marlins almost sent Syndergaard to the Bronx.

Syndergaard has struggled this season but is one of the most untouchable pitchers

when he's on his game. However, the Yankees would have to give up quite a lot to nab the righty as he is under team control through 2021.

MADISON BUMGARNER

With the San Francisco Giants going nowhere, the Madison Bumgarner era is drawing to a close by the Bay.

The Yankees have been linked with Bumgarner since trade rumors arose earlier this season, yet there is going to be plenty of competition for his services.

The Astros, Twins, Braves and Brewers are all expected to be heavy players as well.

The lefty is considered by many to be one of the greatest postseason pitchers in MLB history. That kind of proven, even-keel demeanor

would be perfect for a Yankees team ready to take the next step.

ZACK WHEELER

Wheeler, like his Mets teammate Syndergaard, isn't necessarily having the best 2019 season. However, his dominant second half last year provides the promise that there is a dominant pitcher just beneath the surface.

The Yankees and Boston Red Sox are considered to be the two major players for the 29-year-old as he would provide an immediate middle-of-the-rotation option.

If Wheeler can come close to his second-half output last season, in which he went 10-1 with a 2.06 ERA in his final 15 outings, he'll become the team's most important acquisition of the year.

SUFFERING FROM ERECTILE DYSFUNCTION OR PERFORMANCE ISSUES?

REGARDLESS OF YOUR AGE, THE ACOUSTIC WAVE THERAPY AT MANHATTAN MEDICAL ASSOCIATES CAN HELP



Enhance Your Sexual Performance and Be Ready for Whatever May Come Your Way!

Manhattan Medical Associates is the *optimal* choice for **BETTER** sexual performance at any age.

Have Viagra® and Cialis® let you down? Think your best days are behind you? If you suffer from any type of Erectile Dysfunction, regardless of your age or medical history, the doctors at Manhattan Medical Associates can help you.

We have a breakthrough, specialized male performance treatment that utilizes the latest medical technology and protocols on the market today.

We specialize in GAINSWave™ Therapy for men's optimal erectile performance. Let our professional and caring staff help change your life, restore your vitality, boost your confidence, and improve your sexual performance.

THE BENEFITS OF OUR PROVEN TREATMENT INCLUDE:

- No Needles
- No Drugs
- No Surgery
- Long Lasting Results

GET ONE STEP CLOSER TO BETTER SEXUAL PERFORMANCE

SCHEDULE A VISIT TO LEARN MORE ABOUT THIS NEW TREATMENT.

CALL: 212-336-3827



MANHATTAN
MEDICAL
ASSOCIATES



www.ManhattanMedicalAssociates.com
161 Madison Avenue 6th Floor New York, NY 10016

Do You Live With Schizophrenia?

People with schizophrenia may seem like they have lost touch with reality. Although schizophrenia is not as common as other mental disorders, the symptoms can be very disabling. If you have been diagnosed with schizophrenia, you could be eligible to participate in a research study of an investigational medication.

You may be eligible to participate in this study if you:

- Are 18 to 60 years of age
- Have been experience negative symptoms of schizophrenia for the last 6 months
- Have been clinically stable for at least 6 months

Eligible study participants will receive study-related care and medication at no cost, and may be compensated for study-related time and travel.

Call 718-873-3804

to learn more about a schizophrenia research studies



SYNEXUS
Together for the future of health

Thor rumors swirl

While the New York Mets could be preparing to sell at Major League Baseball's July 31 trade deadline, one of their most recognizable faces could make his way onto the market.

MLB.com's JP Morosi reported on Wednesday morning that fireballing right-hander Noah Syndergaard is getting some looks from around the league, including the Houston Astros and Milwaukee Brewers.

It's not the first time Syndergaard has been the subject of trade rumors. For much of last season and into the offseason, he was linked on multiple occasions with the New York Yankees.

The Mets are once again trudging through another disappointing season, their 40-50 record the second-worst in the National League.

So much for general manager Brodie Van Wagenen's challenge of the National League East to "come get us," before Opening Day.

Now Van Wagenen is facing the possibility of dismantling the team he built this summer and he's yet to complete his first year as GM of the club.

Fellow starter Zack Wheeler's name has been the most visible on the



Noah Syndergaard. GETTY IMAGES

trade market these last few weeks. Several teams including the Yankees, Boston Red Sox and Brewers are also monitoring his availability.

The 29-year-old righty is a prime trade candidate seeing as his contract expires at the end of the season. Given the Mets' current situation, they can't overpay to retain a pitcher with a 4.69 ERA this year when there are so many other holes within the roster to address. That's why it's imperative the Mets trade him before the deadline just so they can get something in return — even if it isn't top-tier talent.

Syndergaard, however, could call for a king's ransom on the trade market, which is the only way the Mets would deal the 26-year-old.

It's been an all-time worst season for Syndergaard, who is 6-4 with a

4.68 ERA. He's allowed at least three earned runs in six of his last seven starts, continuing his struggles during his comeback from injury issues that plagued him over the previous two seasons.

He remains an attractive trade target, regardless, as teams will consider his 2.93 ERA over his first four MLB seasons.

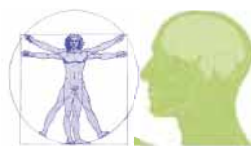
Add the fact that he's under team control through 2021, with two years of arbitration ahead, and the Mets will need to be floored by an offer to part ways with Syndergaard.

It would likely have to take some top prospects from potential suitors to help replenish the organization's farm system. Aggregating a bona fide pool of prospects is only going to help the team's rebuilding efforts, which should be the way to go.

Mets management and ownership have continuously been hesitant to award sizable contracts to stars that would make the team a contender despite being a big-market club.

It makes building a winner through the farm system the only way to, meaning a trade involving Syndergaard could help spark the process.

JOE PANTORNO



**NORTHERN MANHATTAN STUDY
OF METABOLISM AND MIND**

NOMEM

The purpose of NOMEM is to learn more about how blood sugar and other factors relate to the brain and mental abilities of persons living in Northern Manhattan. We are seeking your help to conduct this study.

You are eligible to participate if you:

- Live in Manhattan or the Bronx
- Are between 60 and 69 years of age
- Are able to do an MRI and a PET scan of the brain

Participation will include these activities:

1. Questionnaires
2. Blood tests
3. A brain MRI
4. A brain PET scan with contrast

We will compensate your time for participating in these 4 activities with \$350. We will also give you the results of important blood tests.

**PLEASE CONTACT US @ 212-305-4126, 646-737-4370,
LS960@CUMC.COLUMBIA.EDU**



Columbia University IRB
IRB-AAAQ2950
IRB Approval Date: 10/16/2018
for use until: 08/21/2019

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751
or email peter.blankenstein@metro.us

Are you HIV+ and experiencing discomfort related to Peripheral Neuropathy?

You May Be ELIGIBLE To Participate If You Are:

- HIV+/AIDS
- Experiencing *pain, numbness, aching, burning, or "pins and needles"* sensation in the lower legs and/or feet for 2 months or greater
- 18 years of age or older

The study involves testing the use of Acupuncture/Moxibustion, a traditional Chinese medicine therapy for the relief of lower extremity neuropathy in persons with HIV/AIDS.

As a participant, you will be asked to attend one baseline session, 12 Acupuncture/Moxibustion sessions and three follow-up sessions, maintain a symptom diary and complete questionnaires.

There is no medication given as part of this study.

Compensation: You will be compensated for your time. If you attend all your sessions, you will receive a total of \$220. You will also receive a round trip Metrocard at the end of each session to cover your travel expenses.

**For More Information
Call: (212) 365-0346**



NEW YORK UNIVERSITY

CAREER TRAINING



JOBS

We Train & Place!
Call: 718-263-0750

- PCT • HHA • CNA
- Med. Billing & Coding
- M.A • Pharmacy Tech
- EKG/Phlebotomy Tech
- Business Analyst/QA
- Media concepts: Audio • Video
- Solar Tech
- SAP

FREE TRAINING IF QUALIFIED
Students Visas @ Low Cost

On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

US Vets
Call Now

JOBS

General Help Wanted

HOME HELPER WANTED

HHA FOR GREATER PAY!

Without HHA? You can still help elderly friends & family members for great pay!

646-799-6062

212-564-3882 | 646-832-7647

**or visit us at: 110 West 34th St.
Suite 1207 Manhattan, M-F, 10-5**

Exterminator

NYC Parks seeks Exterminators to prevent, control and eliminate insects, vermin and other pests from buildings and surrounding areas. NYS certified Commercial Pesticide Applicator (7A) & driver license required. Apply by 7/26/19.

Full description & requirements at www.nyc.gov/careers/search Job ID#399204

nyc.gov/parks

EOE

REAL ESTATE

Rooms for Rent

All Manhattan/Bronx

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just \$150/wk. Call Us Now: (212)368-2685

100's Available, All Boroughs

Rooms: \$150 week/up
Studios: \$900 month/up
212-210-9206

metroCLASSIFIEDS
To place an ad call 866-900-9473

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS US
BANK NATIONAL
ASSOCIATION, AS TRUSTEE
FOR MASTR ASSET BACKED
SECURITIES TRUST,
2006-WMC2, Plaintiff AGAINST
ALTHEA SMITH, STEPHEN
SMITH, et al., Defendant(s)
Pursuant to a Judgment of
Foreclosure and Sale duly
dated August 20, 2018, the
undersigned Referee will
sell at public auction at the
Queens County Courthouse in
Courtroom #25, 88-11 Sutphin
Boulevard, Jamaica, New York,
on August 09, 2019 at 10:00AM,
premises known as 145-48
224TH STREET, SPRINGFIELD
GARDENS, NY 11413. All that
certain plot piece or parcel of
land, with the buildings and
improvements erected, situate,
lying and being in the Borough
and County of Queens,
City and State of New York,
BLOCK 13471, LOT 46.
Approximate amount of judgment
\$790,111.09 plus interest and
costs. Premises will be sold
subject to provisions of filed
Judgment for Index# 26298/09.
THOMAS R. PURCELL, ESQ.,
Referee Gross Polowy, LLC
Attorney for Plaintiff
1775 Wehrle Drive, Suite 200,
Williamsville, NY 14221
64278

NOTICE IS HEREBY GIVEN
that a license, Number 1319009,
for Wine & Beer has been
applied for by the undersigned
to sell Wine, Beer & Cider at
retail in a Social Club under the
Alcoholic Beverage Control Law
at 775 Woodward Ave., Store 1,
Ridgewood, NY. Queens County,
for on premises consumption.
Nova Soccer Club, Inc.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN
that a license Number 1318056,
for On Premise Liquor has been
applied for by the undersigned
to sell Liquor, Wine, Beer & Cider
at retail in a Restaurant under
the Alcoholic Beverage Control
Law at 545 6th Ave., New York,
NY 10011. New York County, for
on-premises consumption. SMJ
Partners LLC d/b/a Taco Bell
Cantina.

NOTICE IS HEREBY GIVEN
that a license Number 1317949,
for Eating Place Beer has been
applied for by the undersigned
to sell Beer at retail in a
Restaurant under the Alcoholic
Beverage Control Law at 270
Madison Ave., New York, NY
10016. New York County, for
on-premises consumption.
Fresh Kitchen Inc.

NOTICE IS HEREBY GIVEN
that a license Number 1317949,
for Eating Place Beer has been
applied for by the undersigned
to sell Beer at retail in a
Restaurant under the Alcoholic
Beverage Control Law at 270
Madison Ave., New York, NY
10016. New York County, for
on-premises consumption.
Fresh Kitchen Inc.

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and
conditions of the applicable Metro Classified rate
card and to approval and acceptance at Metro U.S.
option. Metro US reserves the right to edit, reject,
cancel or reclassify an ad, and reserves the right
to convert any classified advertising to alternative
formats for use and publication in other Metro U.S.
publications. It is the advertiser's sole responsibility
to check each ad the first day it is published. Metro
U.S. assumes no responsibility for any reason, for
any error or omission in any ad.

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
QUEENS COUNTY
JPMORGAN CHASE BANK,
NATIONAL ASSOCIATION,
Plaintiff against RICAURTE
A. REID, et al Defendants
Attorney for Plaintiff(s) Fein,
Such & Crane, LLP, 28 East
Main Street, Suite 1800,
Rochester, NY 14614
Attorney (s) for Plaintiff (s).
Pursuant to a Judgment of
Foreclosure and Sale entered
April 16, 2019, I will sell at public
auction to the highest bidder at the
Queens County Supreme Court,
Courtroom #25, 88-11 Sutphin
Boulevard, Jamaica, NY 11435
on July 26, 2019 at 10:00 AM.
Premises known as
621 Beach 65th Street,
Far Rockaway, NY 11692.
Block 16026 Lot 40.
All that certain plot, piece or
parcel of land, with the buildings
and improvements thereon
erected, situate, lying and being
in the Borough and County of
Queens, City and State of
New York. Approximate Amount
of Judgment is \$410,660.35
plus interest and costs.
Premises will be sold subject to
provisions of filed Judgment
Index No 10314-2009.
Lawrence Litwack, Esq., Referee
XCHJC113

ITEMS WANTED

Absolute Yes! SAME DAY

!CASH PAID!

One Touch Ultra-100, Freestyle Lite 100,
Contour 100, Contour Next 100, Accu Check 100

888-415-0796 instant!
for Diabetic Test Strips

224 w 116 st, B, C, 2, 3 trains
NEW TH, 2-6:30 / M-F, 2-4PM

PSYCHICS

POWERFUL AFRICAN SPIRITUAL READER



Highly gifted & powerful spiritual healer
Immediate Results
All matter of life issues, personal
growth guidance & clarity in finance.
Specializing in love, career, black magic,
removing evil spirits, voodoo, jaadoo,
bring back loved ones, protection
guaranteed. Quick Results.
100% Guaranteed.

One Call, One Visit Will Change Your Life
CALL MR TASLIMY AND GET HELP
917-385-9382
www.taslimyadvisor.com

metroCLASSIFIEDS

To place an ad call 866-900-9473
or visit us at www.metro.us

DEADLINE: 2 BUSINESS DAYS PRIOR TO
PUBLICATION AT 4 PM.

PSYCHICS



Healer and Clairvoyant

From a well known spiritual family who combined
the power of spirituality, healing and love.
Guarantee to bring your partners, love ones
within 72hrs., clear bad luck and obia in just
one cleansing, break unwanted relationship,
court cases, protection etc.

Even the worst case scenario,
just call Mr. Suwa on

347-792-9714 • Brooklyn.
Payment after result.
www.psychicsuwa.com

INDIAN PSYCHIC & SPIRITUAL HEALER



Master: Vijay Krishna
(I.C.A.S.)

IF YOU HAVE TROUBLES,
I HAVE SOLUTIONS

100% REMOVAL OF BLACK MAGIC,
BAD LUCK, EVIL SPIRITS &
GIVES PERMANENT PROTECTION

*** LOVE * FAMILY * CHILDREN PROBLEMS**
*** HEALTH * JOB * MONEY * DEPRESSION**
*** ENEMY * COURT CASES * BAD HABBITS * ETC..**

SPECIALIZED IN BRINGING LOVED ONES BACK

PRIVATE & CONFIDENTIAL 100% GUARANTEED RESULTS

929-250-4134

541 8th AVE BETWEEN 37 & 38 STREET, MANHATTAN, NY 110018

WORLD FAMOUS INDIAN ASTROLOGER & SPIRITUAL HEALER

PANDITH : SAI GANESH

PALM READING * FACE READING * HOROSCOPE

IF YOU HAVE TROUBLES, I HAVE SOLUTIONS

100% REMOVAL OF BLACK MAGIC BAD LUCK

EVIL SPIRITS IN 24 HRS & GIVES HOLY SPIRIT PROTECTION

LOVE * FAMILY * CHILDREN PROBLEMS * HEALTH

*** JOB * MONEY * LUCK * BIRTH STONES * DEPRESSION**

*** ENEMY * SEXUAL PROBLEM * COURT CASES * ETC..**

SPECIALIZED IN BRINGING LOVED ONES BACK

100% GUARANTEED RESULTS

Call for Appointment: 8 AM to 9 PM

PRIVATE & CONFIDENTIAL

929-485-9011

104-12 115th St., South Richmond Hill, NY 11419
(Private House)

PROFESSOR
KARAMO

NO PROBLEM WITHOUT SOLUTION

INTERNATIONAL SPIRITUAL HEALER CLAIRVOYANT FROM AFRICA

I CAN HELP WITH ALL YOUR PROBLEMS EVEN MOST
DESPERATE CASE WHERE OTHERS HAVE FAILED TO HELP

BRING BACK LOVE ONE,
REUNITE LOVERS,
FAMILY PROBLEMS,
SEXUAL PROBLEMS,
BUSINESS, EXAMS, JOBS,
COURT CASE

BLACK MAGIC, VODOO
PROTECTION FROM ENEMIES,
OR BUSINESS DIFFICULT
OF CHILD OR DIFFICULT OF
GETTING A CHILD HEALTH
ISSUE OR EVIL SPIRITS, ETC.



Work Private And Confidential
Quick Result In Few Days

100% Guarantee

Call: 646-331-8597 / 929-326-2899

Speak: English / French

Trains 3 To Sutter Ave & Rutland Road

Email: madibatabatouenplo@gmail.com

Payment After The Results.



GAMES

ACROSS

- 1 Evergreen tree
4 Move just a bit
9 Out of ___ world; extraordinary
13 Alimony payers
15 Stringed instrument
16 Wedding ring?
17 Setting for "The King and I"
18 Aggravated
19 Come ___; find
20 Crossed
22 Stitch up
23 Stitches
24 Photo ___
26 Strut about pompously
29 Cowboy hats
34 Fish basket
35 "Here, ___ and Everywhere"; Beatles hit
36 Energy
37 Rex or Robert
38 Peruses
39 German man

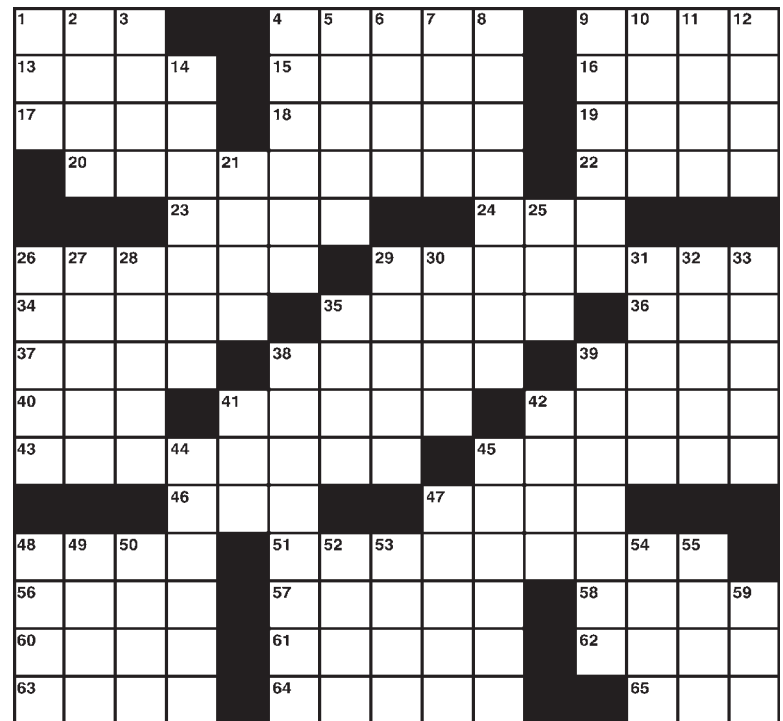
- 40 "Hey Diddle Diddle, the cat ___ the fiddle..."
41 Lends a hand
42 Henry or Peter
43 Good enough
45 Unlike casual clothes
46 Solemn assent
47 Parka feature
48 Lace place
51 In the highest position
56 Extended
57 Lunch hours
58 Courts
60 Suffix for favor or fashion
61 Male bee
62 Near, in poetry
63 Gifts for kids
64 Alley cat
65 ___ down; reclined

DOWN

- 1 Pro vote
2 Leave the room
3 ___ out; become dilapidated
4 Eccentric
5 Those listed in a will
6 Ailments
7 Abscond
8 Tricycle riders
9 All ___; clumsy

- 10 Remain optimistic
11 Monopoly token
12 Beach surface
14 Crushed
21 Calf meat
25 Fed
26 Leftover piece
27 Fight site
28 Canary's lunch
29 In good ___; physically fit
30 Turner & Allen
31 Unlocks
32 Geeks
33 Aerosol
35 TV's "To ___ the Truth"
38 Ricochets
39 Square dance
41 Grasp
42 "___ Here to Eternity"
44 Military attacks
45 Tommy or Jimmy
47 Reddish dye
48 Mini blind piece
49 Drifter
50 ___ child; kid with no siblings
52 Cruise stop
53 Penniless
54 Dirt
55 Old Roman robe
59 Bashful

metro.us/crossword

Powered by
ArkadiumCheck your answers
at metro.us/games

BY TCA

metro.us/wordsearch



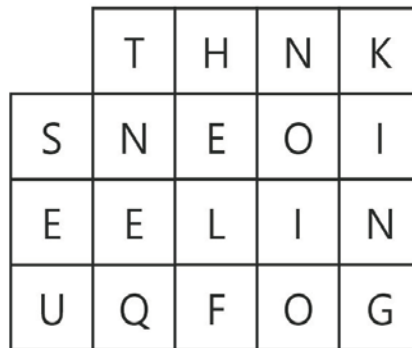
Baseball
Bat
Bunt
Catch
Field

Grand Slam
Home Run
Inning
Pitcher
Red Sox

Series
Shortstop
Stadium
Strike
Yankees

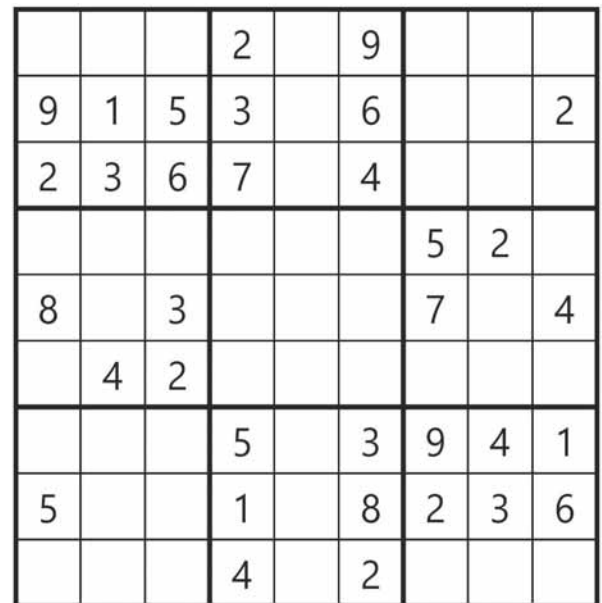
metro.us/wander

Category: Film Fusion



Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

PLAY ANYTIME,
ANYWHERE

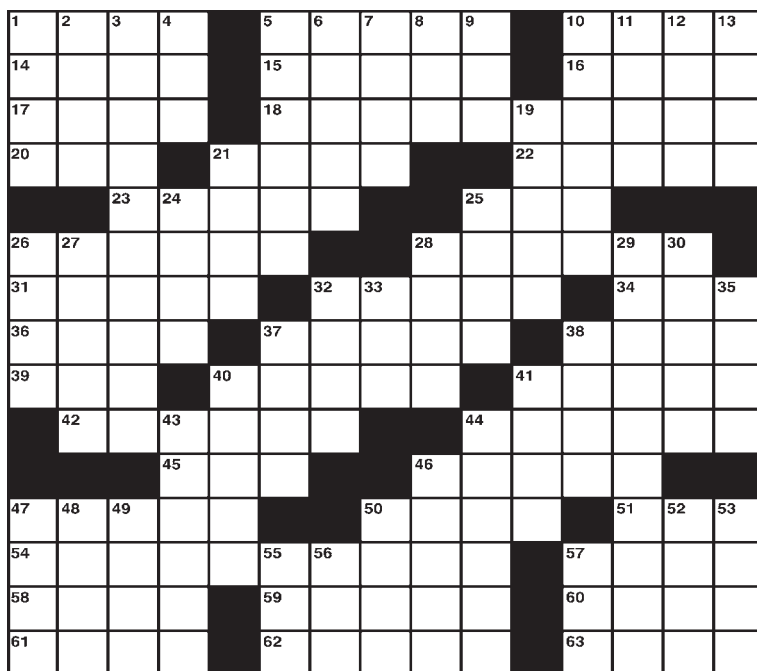
Find these games
and MUCH MORE at
games.metro.us



As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro New York 120 Broadway, Suite 220 New York, NY 10271 • main 212-457-7790 • to advertise 212-457-7735 • Press releases pressrelease@metro.us • U.S. Publisher Ed Abrams, Ed.Abrams@metro.us • U.S. Circulation Director Joseph Lauletta • U.S. Marketing Director Wilf Maunoir • email sales advertising@metro.us • email distribution distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • Managing Editor Morgan Rousseau, morgan@metro.us • News Editor Jeff Tomko, jeff.tomko@metro.us • Art Director Luis Matos, Luis.Matos@metro.us • Sports Editor Joseph Pantorno, joseph.pantorno@metro.us • Features Editor Pat King, Patrick.King@metro.us • Head of Production Matt Prowell, matt.prowell@metro.us



metro.us/crossword



ACROSS

1 Lose one's footing
5 Sudden military raid
10 Fail to include
14 Word with Morse or zip
15 State one's views
16 Churchill Downs event
17 ___-minded; receptive to new ideas
18 Became friends again
20 Actress Leoni
21 Certain
22 Pays attention to
23 Camel's smaller cousin
25 ___ Jose, CA
26 Planetary visitors
28 Tattletale
31 Misplaces
32 Egypt's ___ Dam
34 Word attached to meal or cake
36 Cookware
37 Leftover bit
38 Factual
39 ___ lift; T-bar, e.g.
40 Flag-maker Ross
41 Harbor towns
42 Weight revealers
44 Bach's "___ in G Major"

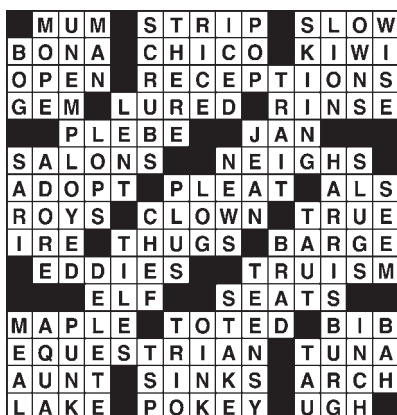
45 Jewel
46 Unwanted nasal growth
47 Quaking tree
50 Deep mud
51 Tit for ___
54 Limits
57 Wave movement
58 Uplifting tune
59 Polka or tango
60 Seep out
61 Building annexes
62 Iron alloy
63 On ___ own; independent

DOWN

1 Aberdeen native
2 Easy stride
3 Starry-eyed
4 Animal enclosure
5 Public discussion places
6 "Carmen" or "Otello"
7 Asian staple
8 Year in Spain
9 Craving
10 Line up
11 Man or boy
12 Applied frosting

13 Koppel & Kennedy
19 Series of links
21 Without
24 Marvin & Majors
25 In a ___; instantly
26 Mont Blanc's range
27 ___ at; observes
28 Convince
29 Dishonesty in officials
30 Terre ___, IN
32 ___ up; misbehaves
33 Fathers of Jrs.
35 Examination
37 Appear
38 Theater award
40 Mix together
41 Stack
43 Insurance policy sellers
44 Tidbit
46 Portion
47 Up to the task
48 Dirt
49 Yank
50 Excavation site
52 Shaping tool
53 Ball holders
55 Promos
56 One not to be trusted
57 Also

Yesterday's Answers



wander words

Category: Animal



Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.



- Flexible Working Schedule
- Free Annual Check Up & Health Benefits
- 401A Retirement Plan
- Paid in-service Training
- Sick time, Vacation and Holiday paid time off
- CASES IN: STATEN ISLAND, BRONX, BROOKLYN, QUEENS, MANHATTAN AND LONG ISLAND

Pay
+ Benefits
\$19.09/hour

CALL: 212-560-9218 OR VISIT US AT:

Midtown Office: 224 West 35th Street, Suite 708, New York, NY 10001

Brooklyn Office: 6402 8th Avenue, Suite 101, Brooklyn, NY 11220

Flushing Office: 133-36 41st Road, Unit CS-6, Flushing, NY 11355



facebook.com/XinconHomeCare www.xinconcare.com

ARE YOU OR A LOVED ONE SUFFERING FROM MAJOR DEPRESSIVE DISORDER?

A research study is being conducted to evaluate an investigational product to be used for the treatment of Major Depressive Disorder (or MDD)

You or someone you care about may be eligible to participate if you meet the following criteria:

- Have a diagnosis of MDD
- Are between the ages of 18 and 65 years

Qualified participants will receive:

- Study-related care and exams at no charge
- Compensation for time and travel



PLEASE CALL

718-873-3804

FOR ADDITIONAL INFORMATION

Together for the future of health




80-15 164th Street, 1st Floor, Jamaica, NY 11432

SEE NEW YORK. BE NEW YORK.

Bright Lights, Big City!

The perfect date night is on board an NYC Lights Dinner Cruise.

BRUNCH . DINNER . HOLIDAYS . CRUISING NOW

Hornblower.com/Metro | 646-490-0606 |    @HornblowerNY

NEW YORK SAN FRANCISCO BERKELEY SAN DIEGO NEWPORT BEACH LONG BEACH MARINA DEL REY

